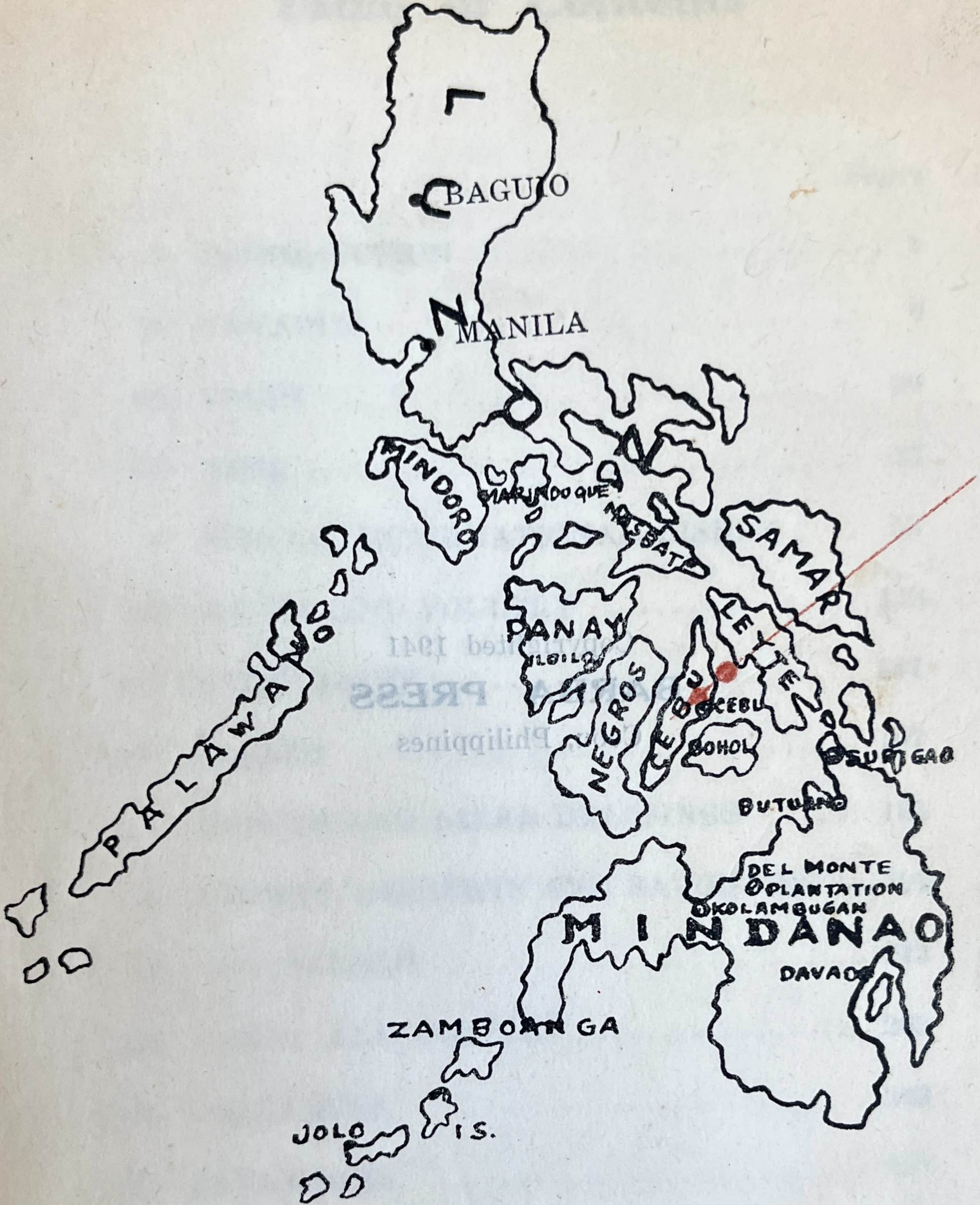
OUR Favorite RECIPES

B. W. R. A.
CEBU, PHILIPPINES

OUR FAVORITE RECIPES


LUZON
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CEBU
CEBU
BOHOL
SURIGAO
BUTUAN
DEL MONTE PLANTATION
KOLAMBUGAN
MINDANAO
DAVAO
ZAMBOANGA
JOLO IS.

Produced and sold for the benefit of the British War Relief Association of the Philippines under the direction of Mrs. W. G. M. Anderson and Mrs. E. P. J. Fee. All the recipes were contributed by residents of the Philippines both in Cebu and throughout the islands.

October 4th, 1941
Cebu, Philippines

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BARBA PRESS
Cebu, Philippines

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PLANNING THREE MEALS A DAY

Planning menus is an important part of the routine of the homemaker. One should learn that each day's menu should include the following items, singly or in food combinations—

Milk—1 quart for children, 1 pint for adults

Fruits—Fresh citrus fruit or fruit juices—1 serving of fresh, cooked, canned or dried fruits.

Vegetables—2 servings of vegetables cooked or canned
1 serving of green vegetables (salad, celery, etc.)
1 serving of potatoes or a potato substitute (rice, macaroni, etc.)

Egg—1 per day per person

Cereal—1 serving per person

Sweets—In moderate amounts

Fats—To suit the individual need

Liquid—Approximately 2 quarts daily. This may be taken in the form of beverages, soups, water, or watery fruits.

Menus should have vitamins and minerals present in sufficient amounts. Rule of three for minerals: menu adequate in calcium, phosphorus and iron will be adequate in other minerals.

Foods high in *iron*: Apricots, liver, legumes (dried peas, beans, lentils) whole cereals, green vegetables, avocado, lean meats, molasses, eggs.

Foods high in *phosphorus*: Legumes, cereals, cheese, eggs, meats, milk, nuts, fish.

Foods high in *calcium*: Milk, cheese, green vegetables.

BALANCING MEALS

50-60% should be *Carbohydrates.*

These foods are mainly carbohydrate: Fruits, cereals, legumes, sugar, honey, bread, syrup, jam, jellies, starchy vegetables.

25-35% should be *Fat.*

These foods are mainly fat: Butter, margarine, vegetable shortening, nuts, fat meat, lard, oils.

10-20% should be *Protein*:

These foods are mainly protein: Lean meat, fish, cheese, eggs, milk, poultry.

A FEW KITCHEN MAXIMS

Without cleanliness and punctuality good cooking is impossible.

Have a fixed time for everything and be in time with everything.

Waste not, want not should be the motto of a good and economical cook.

An hour lost in the morning has to be run after all day.

Haste without hurry saves worry, fuss and flurry.
Stew boiled is stew spoiled.
Boil fish quickly, boil meat slowly.
Rinse vegetables three times, each time in fresh water.
Strong fire for roasting, a clear fire for boiling.

GENERAL HINTS

Read your recipe first, select utensils needed, grease pans if necessary, measure ingredients. Then mix and cook.

Measure dry ingredients before liquid ingredients so the same utensil may be used.

If milk and eggs are called for, use the milk to rinse out bowl in which the eggs were beaten.

Always pour eggs slowly into hot mixtures stirring constantly to prevent the sudden cooking of the egg.

In combining dry and liquid ingredients it prevents lumps to add the liquid slowly to the dry, stirring constantly.

Milk—½ cup condensed milk and ½ cup water equals 1 cup milk (omit sugar in recipe)

4 tablespoons powdered milk and 1 cup water equals 1 cup milk.

½ cup of evaporated milk and ½ cup of water equals 1 cup of milk.

To sour evaporated milk add 1 tablespoon of vinegar to 1 cup of evaporated milk to use in place of sour cream, and add 1 tablespoon of vinegar to ½ cup evaporated milk with ½ cup of water in place of sour milk.

TO WHIP EVAPORATED MILK

Soak for five minutes ½ teaspoon granulated gelatin in 2 teaspoons cold water. Scald in top of double boiler 1/2 cup evaporated milk. Do not remove the thin film of milk solids which forms on top. Add gelatin to hot milk and stir until dissolved. Chill until icy cold. Whip with rotary beater until stiff. Makes about 1½ cups. If a heavier whip desired increase the gelatin to 1 teaspoon.

ANOTHER RECIPE TO WHIP EVAPORATED MILK

1-12 oz. can Evaporated Milk

2 tablespoons cold water

1 envelope Knox Gelatine

Soak the gelatine in the cold water for five minutes. Boil the unopened can of evaporated milk in a sauce pan of water for ten minutes. Remove from fire, open can and while hot stir the soaked gelatine in the can of milk to dissolve. Turn into a chilled dish and allow to become thoroughly cold. Add confectioner's sugar and flavoring and little salt to taste. Whip until stiff. Allow to stand 30 minutes before serving. It will thicken to a heavy whipped cream consistency.

Mrs. William Gohn, Davao

SUBSTITUTIONS

1 square chocolate—¼ cup cocoa

1 cup pastry flour—1 cup bread flour less 2 tablespoons

1 tablespoon cornstarch—2 tablespoons flour (for thickening)

1 teaspoon baking powder—¼ teaspoon soda and ½ teaspoon cream of tartar

WEIGHTS & MEASUREMENTS

A few grains—less than 1/8 teaspoon

3 teaspoons—1 tablespoon

1 fluid ounce—2 tablespoons

16 tablespoons—1 cup

½ pint jar—1 cup

1 quart jar—4 cups

½ ounce butter—1 tablespoon

1 pound butter—2 cups

1 pound bread flour—3-1/5 cups

¼ pound pastry flour—1 cup

½ pound of lard—1 cup

½ pound of rice—1 cup

½ pound of granulated sugar—1 cup

5½ ounces brown sugar—1 cup

4½ ounces Confectioners' sugar—1 cup

4 ounces uncooked macaroni—1 cup

4 ounces walnuts—1 cup

Canapes

Whatever canapes may consist of, let it be remembered that these little side dishes are intended to stimulate and not to satisfy the appetite; i.e., they must be tempting and smart in appearance, and the portions must be very small so as not to impair the enjoyment of the remainder of the meal.

ASPARAGUS ROLL-UPS

¼ pound cream cheese
2/3 tablespoon horseradish
¼ teaspoon salt
1 teaspoon juice from asparagus
16 slices bread, crust removed
1 can asparagus tips

Mix cheese with seasonings and juice from Asparagus. When creamed spread on bread. Place two or three drained Asparagus tips in center and fold or roll bread over them. Fasten with toothpicks. Toast in oven and serve warm.

Mrs. E. P. J. Fee

ANCHOVY PUFFS

½ cup butter
3 oz. package Philadelphia cream cheese
1 cup flour
Anchovy paste

Mix butter, cheese and flour. Chill thoroughly. Roll out very thin, cut in small rounds, put dab of anchovy paste on half of each round and fold other half over. Bake in hot oven, until light brown. Serve hot. These are the most popular canapes I have ever served.

Mrs. E. P. J. Fee

AVOCADO AND SARDINE CANAPE

Mash one avocado until a paste. Add 1 small can French sardines, 1 tablespoon of finely chopped raw onions. Add few drops tabasco sauce and few drops worcestershire sauce. Spread on smax crackers or bits of toast and top with onion, pickle, or olive.

Mrs. Leonard Self

BUTTERED PEANUTS

Put one cup shelled roasted peanuts in a shallow pan. Put in oven and let the peanuts get sizzling hot. Transfer to a bowl, add one tablespoon butter and mix well. Lastly sprinkle with salt.

Mrs. Asuncion M. Villarica

BURNING BRUSH APPETIZER

Divide packages of Philadelphia cream cheese into twelve portions each. Roll each portion into a ball with butter paddles. Toss balls in finely chopped chipped beef until coated. Cover a grapefruit or large apple with balls placed on toothpicks.

Mrs. M. E. Cleland, Jr.

COCKTAIL BITES

To make these toothsome bits, roll regular pastry to the usual thickness. Cut it into two, or two and a half inch squares. Spread the pastry with cream cheese beaten until it is fluffy and seasoned with a speck of onion juice. In the center of each square place a stuffed olive. Pull the ends of dough together over the olive and pinch them tightly to hold them in place. Now just before serving time, fry these little appetite tempters in hot deep fat. Drain them on paper and serve at once.

D. G. F.

DILL TEMPTERS

Hollow out dill pickles, pack firmly with softened piemento cheese. Chill one hour. Slice in ½ inch slices.

D. G. F.

CREAM CHEESE IN GRAPES

Remove stones from green grapes and fill with cream cheese. Small tomatoes may be stuffed in the same way.

J. D. A.

CHEESE SPREAD (SPECIAL)

Take medium lump of Gorgonzola or Roquefort. Mix into a paste with worcestershire sauce. Spread on small pieces of toast.

J. D. A.

CHEESE STRAWS

2 cups sifted flour
½ cup grated cheese-Hollands' or Parmesan
½ cup shortening
½ teaspoon salt
½ teaspoon baking powder
5-6 tablespoons cold water
Egg yolk.

Sift altogether flour, salt and baking powder. Mix with fingers into the shortening. Mix in the cheese a little at a time, add a little water till stiff. Put on floured baking board. Roll flat. Cut into desired shapes and brush top with egg yolk. Place in moderate oven 20 minutes.

J. D. A.

CHEESE PASTRY FINGERS

1 tablespoon butter
1 tablespoon flour
1 teaspoon salt
Few grains pepper
¼ cup milk
¼ pound cheese (Gruyere type recommended but Kraft will do fine)
½ recipe plain pastry

Melt butter. Add flour, salt, and pepper; blend. Add milk and stir until thickened. Add cheese cut in small pieces, stir until cheese melts. Chill. Shape in small rolls.

Wrap each roll in pastry, carefully sealing by pinching the edges together. Fry in shallow fat. Serve hot. Mustard, chili sauce, worcestershire sauce, cayenne, paprika may be added to cheese mixture if desired.

Mrs. E.P.J. Fee

CHEESE STRAWS

1 cup grated cheese
1 cup flour
1 teaspoon baking powder
½ teaspoon salt
1/16 teaspoon cayenne pepper
¼ teaspoon paprika
1 egg
2 tablespoon milk

Mix together, cheese, flour, baking powder, salt, cayenne pepper and paprika; add beaten egg. Mix well, add milk enough to make a stiff dough. Roll out ⅛ inch thick, on floured board. Cut into strips five inches long and ¼ inch wide and twist. Bake in a hot oven ten minutes.

Mrs. McDonald

CHEESE STRAWS

1 cup grated cheese (any kind will do)
½ teaspoon salt
2 tablespoons water
2 tablespoons melted butter
Cayenne (very little)

Combine in order given. Sift ½ cup of flour and add to cheese mixture. Mix well first with a wooden spoon, then you may take it with your hands and roll thin on floured board, cut with pastry wheel or knife just like straws, very thingly. Bake in hot oven 300 degrees F. till crisp and golden brown.

Mrs. E.L. Short

CANAPES

EGG AND CHUTNEY CANAPES

Slice some hard-boiled eggs. Place on small buttered slices of toast. Top with mango Chutney.

J.D.A.

FINNAN HADDIE CANAPES

1 cup finnan haddie soaked and flaked
½ tablespoon finely chopped onion
2 chopped mushroom caps.
3 tablespoons butter
2 tablespoons flour
2/3 cup thin cream
2 tablespoons grated cheese
2 egg yolks slightly beaten
Salt and cayenne.
Grated cheese.
Buttered bread crumbs.

Fry onion and mushrooms in butter five minutes. Add flour and, gradually, cream. Bring to boiling point, add cheese, egg yolks, and finnan haddie. Season. Pile on circular pieces of toast. Sprinkle with cheese and crumbs and bake until brown.

Mrs. Guy Walford

PIGS IN BLANKETS

1 can Frankfurter style cocktail sausages
¼ pound nippy cheese
½ pound bacon

Split each sausage slightly from end to end. Insert a thin slice of cheese. Wrap in half strips bacon and fasten with toothpicks. Broil until bacon is crisp and serve at once. For added flavor insert in thin slices Libby's Pickles with the cheese.

Mrs. E. P. J. Fee

CANAPES

PEANUT BUTTER CANAPE

Spread on small slices of toast some peanut butter, have hot fried bacon chopped and sprinkle on top.

Mildred Sands

LIVER PASTE ON TOAST

½ pound liver	4 tablespoons bread-crumbs
2 teaspoons butter	4 teaspoons grated cheese
3 chicken livers	Pepper and salt
2 eggs	

Cook liver in butter and little stock. Grind very fine, add cheese and beat into paste. Season. Put back in pan with beaten eggs. Stir well and cook for a few minutes. Serve on sandwiches or toast.

Edilberto Calinog

STUFFED PRAWNS

Wash the prawns thoroughly, shorten the fins and legs but do not discard the head, slice open down through the back and stuff with ground pork and chopped green onions, add salt and pepper to taste. Bring the sides of the prawns together and attach with long sticks. Fry in deep fat until brown. Serve hot with lemon juice.

Mrs. E.L. Marshall

CANAPES

(1) Cream sardines. Add a little butter to make paste. Spread on thin slices of bread. Roll and toast. Serve hot.

(2) Remove stone from a stewed prune. Insert a piece of cheese. Wrap with a small piece of bacon. Hold in place with a toothpick and broil until bacon is crisp.

(3) Cubes of avocado marinated in French or Savory salad dressing. Serve on toothpicks.

(4) Very small cream puffs, filled with seasoned creamed crab, chicken, or cheese.

(5) Stuffed olives wrapped in bacon and toasted.

(6) Roll biscuit dough around cocktail sausage and bake in oven.

(7) Raw carrot slices made crisp in salted water.

Mrs. E.P.J. Fee

To keep toast crisp for canapes, cut bread into desired shapes, butter, then toast. This will keep crisp 5 or 6 hours.

Mrs. P.H. Sanders

Soups

The following remarks should prove useful in the preparation of soups.

A thick soup should have the same consistency as cream but a clear soup can never be too transparent.

To obtain transparency in a clear soup begin to skim directly it begins to boil and continue to do so until no scum remains.

½ teaspoon salt added as soup comes to a boil makes scum rise more freely.

Add ketchup at last moment as boiling dissipates the flavour.

If stock to be used as a basis for soup is to be kept several days let fat remain until ready for use.

Stock boiled with vegetables is more apt to turn sour than stock from meat only.

Broth will keep longer fresh if cauliflower has been one of the vegetables used.

Try adding a little vinegar and brown sugar to all vegetable soups.

Before serving clear soups, add a lump of sugar. This improves its appearance.

Boil soup steadily but not too rapidly or vegetables will harden and the nourishment be kept from flowing into the water.

It is useful in this country to have a shin bone and a cow's foot and boil down to a jelly. This, if kept in an ice box will make a base for different soups.

The Chinese improve their soups by adding a good pinch of Vet-Sun powder found in any store in the Philippines.

SOUP ACCOMPANIMENTS

Croutons: Cut bread (at least a day old) in ¼-inch cubes. Brown in butter or bacon fat. Serve with cream soups.

Frankfurter slices: Cut frankfurters in 1/16-inch slices crosswise. Brown in butter or bacon fat. Delicious with pea soup, bean with bacon soup, celery or asparagus soup.

Chopped crisp bacon: Sprinkle on pea soup, asparagus soup, celery soup or bean with bacon soup.

Cucumber slices: Cook thin slices of cucumber in butter until soft. Serve with chicken or chicken and noodle soup.

Lemon slice: Cut thin slices of lemon and place one on consomme, bouillon, clam chowder, or mock turtle. (The slice can be dipped in sherry first, if desired.)

Sliced toasted almonds: Delicious with all cream soups and very good with chicken soup.

Salted whipped cream: Serve a spoonful on any cream soup or on mock turtle.

Chopped parsley: Attractive and good on all soups.

Banana slices: Cut slices of banana and cook in butter until soft. Serve two or three slices in chicken or chicken and noodle soups.

Minted parsley: Mix 2 teaspoons chopped parsley and 1 teaspoon chopped mint. The last minute of heating, sprinkle on Scotch broth, chicken, or chicken and noodle soup. An elusive mint flavor.

Colonial parsley: Mix 3 teaspoons chopped parsley and 1 teaspoon chopped tarragon. Delicious in Scotch broth and consomme.

Chived parsley: Mix 3 teaspoons chopped parsley and 1 teaspoon chopped chives. Serve on any soup.

Grated cheese: Serve on top of tomato, asparagus or celery soup.

Parmesan toast: Slice French bread, sprinkle with Parmesan cheese and toast in hot oven. Delicious in onion soup.

ALMOND SOUP

2 tablespoons of almonds
1½ cups fresh milk
1 cup cream
½ tablespoon flour
½ onion
½ root celery
1 tablespoon butter

Blanch and chop almonds small; boil gently for 1 hour in a cup of milk with onion and white part of celery; take out onion and celery; mix flour and butter together, add ½ cup of milk, a little cayenne pepper, mace, and salt, stir soup till it has boiled a few minutes, add cream and when it boils serve immediately.

J. D. A.

BEEF BROTH WITH NOODLES

4 cubes Maggi Bouillon
1 teaspoon butter
4 cups hot water
Black pepper
1 teaspoon chopped parsley
¼ package fine noodles
Pinch of salt

First cook the noodles in slightly salted water for about ten minutes, then drain and blanch with cold water. Add the butter and stir around in soup tureen so that the noodles won't be sticky. Dissolve the bouillon cubes in the hot water and add the parsley. Cook for ten minutes and pour over the noodles.

Mrs. Helen Marcuson

BREAD SOUP

4 cups stock
6 tablespoons crust of bread
¼ grated nutmeg
2 tablespoons cheese grated
1 egg

Bring stock to boil. Add bread, cut into small pieces. Break 1 egg into tureen and beat well. Add to these the cheese and nutmeg. Then add soup gradually, stirring well all the time. Season with salt and pepper.

Serve hot.

J. D. A.

BROWN SOUP

Melt 1 tablespoon butter in a pan, blend 1 tablespoon flour, when brown, add little sugar. Cut a piece of meat and vegetables of any kind into small pieces. Fry with little fat turning all the time for 10 minutes. Add stock; when it boils skim it well. Let it boil gently for ½ hour. Strain and return to pan. Thicken with little flour or cornstarch dissolved first in cold water. Season with salt and pepper.

J. D. A.

CABBAGE SOUP

½ small cabbage (finely shredded)
½ tablespoon chopped onion
½ cup milk
Pepper and salt
¼ teaspoon chopped parsley
1½ cups stock or water
½ tablespoon butter
1 tablespoon sago or tapioca for thickening.

Cover shredded cabbage with boiling water. Bring to boil and strain. Return cabbage to sauce pan. Add 1½ cups boiling water and all other ingredients except thickening. Simmer for 15 minutes. Sprinkle in thickening and cook until transparent.

J. D. A.

CELERY SOUP

½ head celery
Piece of butter
2 cups stock
1 egg yolk
A little salt and pepper
¼ cup milk or cream
½ chopped onion

Put butter in a pan, brown the onion, add celery (cut into small pieces), stir all the time till nearly cooked. Pour on the stock, add salt and pepper and boil (without lid on pan) till celery is soft. Rub all through a sieve. Return soup to pan and stir till boiling. Have ready the egg and cream mixed together and pour the boiling soup on this stirring well to prevent from curdling.

J. D. A.

CHESTNUT SOUP

Boil 1/4 kilo of chestnuts for ten minutes, then remove the skin and break into pieces. Melt 1 tablespoon butter, add the chestnuts and 1 sliced onion and cook for a few minutes without coloring. Add 2 cups of light stock, then simmer until chestnuts are tender. Rub through a fine sieve and return to the pan. Season with salt and pepper, add a pinch of sugar, 1/4 cup of cream or milk, and reheat without boiling. Turn into cups and garnish with whipped cream, 1 tablespoon for each cup.

J. D. A.

CHICKEN CUSTARD SOUP

1 cup strong chicken broth
1 cup thin cream
3 egg yolks
Salt

Scald broth and cream. Pour over well beaten egg yolks and cook in double boiler until slightly thickened. Salt to taste. Serve either hot or cold.

Mrs. E. P. J. Fee

SOUPS

CLEAR SOUP

Have a soup stock on hand. Brown pieces of meat (free from fat) both sides. Add soup stock, salt and pepper. Let it boil. Strain it well. Serve with slices of lemon stuck with cloves. Egg shells added when boiling will keep the clearness.

J. D. A.

COCK-A-LEEKIE

½ fowl
3 leeks
½ tablespoon chopped parsley
4 cups water (cold)
Rice
Pepper and salt.
More water if necessary.

Draw and truss the fowl in the usual way and put it in a large soup pan with the cold water. Add the washed giblets and a half teaspoonful salt. Bring to a boil and skim. Simmer slowly for 2½ hours, skimming often. Wash the leeks and shred thinly, washing them very thoroughly. Add them to the soup along with the washed rice. Simmer for another hour or till the fowl is tender. To serve, remove the fowl and giblet and skim off the grease from the top of the soup. Add the chopped parsley and extra seasoning if necessary, then serve. Sometimes some prunes are stoned and added to the soup half an hour before dishing. The cock or the fowl may also be cut up thin and added to the soup, or the slices of chicken can be served separately with egg sauce.

J. D. A.

COCONUT SOUP

6 cups stock
2 tablespoons of rice flour
Mace, salt and pepper
1½ cups grated fresh coconut
2 tablespoons cream

Boil stock and one small blade of mace gently for one hour, add coconut. Mix rice flour with a little stock, pour on soup, boil for 15 minutes, season, add cream.

J. D. A.

CONSOMME

3 cups water
4 oz. lean juicy beef
1 white and shell of egg
Pieces of carrot and celery
1 small onion
1 blade of mace
6 white pepper corns
Salt

Have the stock cold and well skimmed. Remove the fat from the lean meat and shred it finely, soaking it for 15 minutes in 1 cup of water. Put all the ingredients into a rinsed pan and whisk over a fairly strong heat until almost at boiling point. Remove the whisk and let the stock boil up quickly to the top of the pan. Allow to infuse for about 10 minutes and strain through a cloth. Reheat without boiling and garnish to taste.

J. D. A.

NOTE:—Ground pepper should never be used in this soup as it makes it cloudy.

J. D. A.

CORN SOUP

Fry chopped onions in melted butter, add pulp of grated corn stirring all the time. Add soup stock or water. Season with salt and pepper. When corn is cooked add enough milk and serve at once. Sprinkle with chopped parsley or onion stems.

J. D. A.

FISH SOUP

Boil the bones, the skin, the head and fins of any fish in water to cover for 1 hour or less. Strain, measure and add the same quantity of milk, thicken with cornflour and add little curry powder to taste and pepper and salt. Bring to boil again. Just before serving sprinkle with chopped parsley.

J. D. A.

HARICOT BEAN SOUP

- ¼ kilo beans
- 1 Spanish onion
- ½ turnip
- ½ celery
- 2 tablespoons butter
- 1 cup milk
- Pepper and salt
- 4 cups stock or water
- A little mace, parsley, tomatoes.

Soak beans for 24 hours, drain. Boil gently in 4 cups of water with mace, vegetables cut small, pepper, and butter for 3 hours. Rub through a sieve with wooden spoon. Add milk, salt, parsley and bring nearly to the boil again. Serve hot. Salt hardens the beans; therefore this must be added last. A ¼ can tomatoes boiled with them the last 1/2 hour is a great improvement. In this case milk is not needed.

J. D. A.

GARLIC SOUP

Olive oil
Garlic
Bread
Egg

Heat saucepan and put in it two spoons of olive oil. Fry in it sections of garlic until browned. Take them out of the oil, and fry in the same oil pieces of bread until browned, and then put in enough water to make a thick soup. Before serving put a whole egg.

Miss Maria Borromeo

HOLLANDAISE SOUP

6 cups stock
2 carrots
1 small cucumber
1 tablespoon flour
2 eggs
1 cup green peas
1 tablespoon butter
½ cup cream

Scoop out into balls with a round vegetable cutter the carrots and cucumber and boil in salted water. Melt the butter and stir in the flour gradually. Add the stock, boil well and skim. Make a sauce with the yolk of 2 eggs and cream, add to stock, cook slowly till thick, add the vegetables and green peas previously strained.

J. D. A.

HOTCH POTCH

½ kilo neck of mutton or lamb
2 young turnips
2 young carrots
2 young onions
3½ cups water
½ lettuce
½ cauliflower
3 cups green peas
½ handful parsley,
Salt

Put rather more than half of meat in pot when water is hot. Add salt, and when water boils skim carefully. Boil 1 hour, then add remainder of meat cut in small chops also turnips and carrots cut in dice, also onions cut in small pieces and half the peas. Boil ½ hour longer. Chop up lettuce, divide cauliflower in sprigs, chop parsley and add to soup with rest of peas. Boil another half hour. Season. Any vegetables may be used.

J. D. A.

JELLIED SOUP

(for hot season)

Boil a shin bone of cow in 6 cups of water for 3 hours, then add some vegetables, pepper and salt, chopped onions. When vegetables are cooked, strain soup and cool. Pour into individual molds, place in ice box one day before serving. Take off excess fat carefully.

J. D. A.

KIDNEY AND TOMATO SOUP

½ ox kidney
1 tablespoon butter
½ tablespoon flour
Small turnip and onion
Juice of ½ lemon
2 cups water
½ tin tomatoes
½ teaspoon salt
¼ teaspoon pepper
½ pinch sugar

Melt butter in pan, cut kidney into small square pieces, keeping back all fat, etc. Mix flour, pepper and salt together on plate and toss kidney in it. Put kidney in pan with the melted butter and stir till nicely brown. Pour on water and let it simmer for 1 to 1-1/2 hours. Skim frequently and stir often, to keep it from sticking to the pan. Put the tomatoes into a pan with the other vegetables along with salt and sugar, lemon juice, and cook till tender. Rub all these through a sieve and add to kidney and stir till boiling.

J. D. A.

LEEK SOUP

4 medium potatoes cut in cubes
4 good size leek cut in small pieces
1 stick white part of celery cut in dice.

Melt butter in pan. Stir potatoes, the leek, and celery with wooden spoon, add pepper and salt, 2 pints of milk and soup stock. Simmer for 1½ hours. Serve with fried bread.

J. D. A.

LETTUCE SOUP

6 cups good stock
1 heart of lettuce
1 thick slice of cucumber (almost a square)
1 tablespoon butter
Yolk of 2 eggs
1 cup cream or milk
A little tarragon and sherry (these may be omitted when not procurable)

Wash and shred the lettuce finely, cut the cucumber lengthwise into thin slices, then the slices into strips. Melt butter and fry vegetables for five minutes, add stock, salt and pepper, boil slowly 20 minutes. Beat the yolks of eggs and the cream or milk together. Let soup cool slightly then pour in yolks and cream, stir until soup thickens. Must not boil or eggs will curdle.

J. D. A.

MONGOS SOUP

Cook until soft 1/2 cup mongos. Pass through a sieve. Melt butter in pan, add little flour, stirring all the time. Add the strained mongo pulp. Add chopped native onions and boil. Add enough milk and serve hot. (See that the soup is not too thick).

J. D. A.

MULLIGATAWNY SOUP

6 cups stock
1 small piece ham
1 tablespoon butter
1½ teaspoons curry powder
1 turnip
1 small carrot
1 apple
1 tablespoon flour
A little lemon juice
Pepper and salt

Cut the onion in rings and the ham into small dice. Make the butter hot in the pan, fry onion and ham and when brown add the vegetables (cut in small pieces), and the curry powder; let all cook one hour. Put through a fine sieve, mix 1 tablespoon flour in cold milk, add to the soup, keep stirring till it comes to the boil. In place of ham, chicken can be used and rice added.

J. D. A.

OYSTER SOUP

½ cup cooked oysters or clams
2 tablespoons butter
2 tablespoons flour
4 cups fresh milk
Salt and pepper

Rub oyster and liquor from oyster through a sieve or pass first through a meat grinder and strain. Melt butter in pan, add flour, then add oyster puree, and cook until mixture just boils. Add hot milk, season with salt and pepper, serve immediately. If desired, one or two cups of cream may be substituted for the milk.

J. D. A.

POTATO SOUP

6 cups stock or water
1 cup milk
¼ kilo potatoes
1 onion
1 strip of celery
1 tablespoon of butter or good dripping

Slice potatoes, onion and celery. Make butter or dripping hot in a stew pan, add the vegetables, fry and cook until fat is absorbed, stirring frequently to prevent from browning.

Add stock and simmer until the vegetables are tender (about 1 hour). Rub through a sieve, return to pan, add milk, cook a little longer.

J. D. A.

PARSLEY AND RICE SOUP

- ½ Kilo beef
- 2 tablespoons of rice
- 1 Bunch of parsley
- 1 Bunch of Filipino onion
- 1 Green tomato
- 1 Onion
- 2 Tablespoons of chopped tenderloin

Fry onion, tomato and the sliced beef together. Add 6 teacups of water and let it simmer for 1 1/2 hours. Boil the rice, tenderloin and white of the Filipino onion together separately. Then add the finely sliced parsley and stems of onion ten minutes before it is served.

Gaudencio Vismanos

SALMON CHOWDER

- 1 pound can salmon (2 cups)
- 2 cups water
- 1 cup tomato juice
- ½ cup onion, diced
- 1 cup raw cubed potatoes
- 1 teaspoon celery salt
- 4 tablespoons butter
- 4 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 3 cups milk
- ½ teaspoon Worcestershire sauce

Remove skin and bones from salmon. Combine first five ingredients in large kettle; add celery salt. Cover and simmer slowly for 40 minutes. In another saucepan melt the butter, add flour, salt and mustard, stir until smooth. Gradually add milk; cool while stirring until thick and smooth. Add Worcestershire sauce. Add sauce to salmon; stir well and serve very hot. Garnish with chopped parsley.

Mr. John Heine

SCOTCH BROTH

¾ kilo neck of mutton or runner of beef
10 cups cold water
½ cup Pearl Barley well washed in cold water
Vegetables

A fresh marrow bone makes as good broth as either beef or mutton.

When water is hot put in beef and barley. Let water boil, then throw in 1/2 teaspoon salt. This causes scum to rise. Skim. Add 1/2 small turnip or 1/4 large one cut in cubes, 1-1/2 leeks cut small, 1 small carrot cut into dice, 1/2 tablespoon moist sugar, pepper and salt. Let it boil for a few minutes after vegetables are added, with lid off. If lid is left on, certain salts in vegetables cannot escape in steam and some persons will find broth disagreeable. Add a cabbage but it must be young and fresh. Never add onions. They have too strong a flavor. One half hour before ready add 1/2 carrot grated and if possible a good tablespoon chopped parsely. Cook very thoroughly and slowly and be careful to skim now and again. Attention to this makes such a difference in flavor. Boil 3 hours, taking the meat out when cooked 2 hours and reheating at the last. Lift meat to hot dish. Put a little broth around beef and serve. If broth is for persons of weak digestion, scald vegetables before adding to broth by covering them for 10 minutes with boiling water.

J. D. A.

SQUASH SOUP

Peel and cook squash until soft. Pass through a sieve. Fry chopped onions, add stock or water and add squash pulp, then salt and pepper. Add few drops maggi or other seasoning, add diluted milk and chopped parsley.

J. D. A.

TRIPE SOUP

Steep 1 pound tripe overnight

Cut in small pieces and boil for 8-9 hours, adding salt. Add two large onions sliced and two large potatoes, cut in pieces. Add 1 tablespoon flour mixed in water and a piece of butter. Before serving mix in some hot milk.

Serves four.

S. Y.

TURKEY SOUP

6 cups stock
Remains of cold roast turkey
¼ cup cooked macaroni
2 tablespoons rice flour or rice
1 onion
1 bay leaf
1 small blade of mace
Salt and pepper

Divide the remains of the turkey and bones into small pieces, put them into a stew pan with onion, bay leaf, mace, salt and pepper. Cook gently for 1 hour. Strain. Return to pan, add rice and macaroni already boiled and cut into short lengths, put in soup, make very hot and serve.

J. D. A.

VELVET SOUP

Melt in pan 1 tablespoon butter, blend in 1 tablespoon flour, add 1½ teaspoon curry powder. Add 4 cups milk diluted with water or with stock stirring all the time. Let it boil, add 4 tablespoons cooked rice. Let it boil and add chopped parsley. Season with salt and pepper. Cream is an improvement.

J. D. A.

VEGETABLE BEEF SOUP

3 cups water
½ cup chopped tenderloin of beef
¼ cup chopped carrots
¼ cup chopped pechay
¼ cup chopped potatoes
¼ cup chopped cabbage
1 tablespoon native celery
1 tablespoon chopped onion
2 bouillon cubes
Salt and pepper to taste

Bring water and beef to boil, add carrots, pechay, potatoes, and cook until vegetables are about half cooked. Add cabbage, celery, and onion and cook until all vegetables done. Lastly add bouillon cubes and seasoning. Serves 4 persons.

Maximino Ubongen

WINTER SOUP

1 Kilo potatoes (peeled)
2 tablespoons olive oil
1 clove garlic
Salt and pepper
4 cups soup stock
Mutton or lamb suet about three inches long

Boil potatoes in soup stock until cooked, then mash. Heat the olive oil and fry the garlic till dark brown; remove garlic, add suet and fry till very crisp. With a fork shred the crisp suet and add to soup. Season with salt and pepper. Serves 6.

Luz M. Sanz

Fish

The following recipes are for fish available in the Philippines.

The best tested are:

Tanguigue

Lapu-Lapu

Dali Dali

A good test in buying fresh fish is as follows:—the gills must be red and eyes bright. Never keep fish on ice. It makes it soft and takes away the delicate flavor. A spoon full of vinegar added to the water in boiling will make fish firm and tender.

Put a pinch of bicarbonate of soda in the water when boiling salmon.

Salt fish is quickly freshened by soaking in sour milk. Lemon juice is always an improvement to white fish.

Interesting accompaniments make all the difference to a fish course.

FISH

BAKED FISH

Clean fish well and take out bones and skin, add pepper, salt and butter. Place in a baking dish and sprinkle few drops of lemon juice. Cover with wax paper and bake in moderate oven for ½ hour. Serve decorated with mashed potatoes. Serve with hollandaise sauce or parsley sauce. Alternate way, take fish out of oven for five minutes. Before finishing cooking cover with mashed potatoes and sliced tomatoes and put back in oven until potatoes are a golden brown.

J. D. A.

BAKED FISH WITH EGG SAUCE

One of the easiest ways of cooking fish is to bake it. It is so easy to dress it up with a few slices of lemon and sprigs of parsley.

3 lb. fish
juice of 1 lemon
salt and pepper

Clean the fish, rub a little salt and pepper inside and outside and place in a shallow greased pan. Pour over it a little melted butter. Now place in the lower part of the oven. Baking time is from one and a half to one and three-fourths hours. Serve with your favorite fish sauce.

Mrs. Paz Miranda

CODFISH CROQUETTES

½ kilo salted codfish
2 or 3 good size boiled potatoes
¼ cup butter
Milk
2 eggs
Margarine or butter for deep frying
Salt and pepper to taste

Wash the codfish, remove bones. Boil to remove salt. Drain, then flake with a fork. Mash potatoes, add to codfish; then add butter, salt and pepper. Add milk a little at a time so that the mixture is not too dry. With floured hands, shape into croquettes and roll in powdered bread crumbs. Beat eggs, adding two tablespoons of milk. Dip the croquettes in the egg mixture and fry in deep fat till golden brown. Serves 6.

Juanita F. Perez Sanz

CURRIED FISH

½ kilo cod or other fish
½ cup soup stock
1 teaspoon lemon juice
2 tablespoons butter
1 tablespoon flour
A little sugar, salt
1 teaspon curry powder
1 tablespoon coconut milk
1 teaspoon chopped parsley

Fry the fish in the butter, remove it, then fry the onion till brown. Add curry powder, then add stock, coconut milk, sugar and salt and let it simmer for 2 minutes; divide the fish into large flakes, add to curry mixture and boil another 2 minutes, then add lemon juice.

J. D. A.

CODFISH (BACALAO) WITH TOMATO SAUCE

3 or 4 sections of garlic
1 kilo codfish
1 kilo onions
2 cans tomato sauce
Sweet peppers
1½ cups olive oil

Soak the codfish overnight. Mince the garlic and onions. Heat the oil and fry the garlic. Add the onions and cook slowly till the onions are transparent. Add tomato sauce and cook for about ten minutes. Add the codfish and cook for about half hour more or less. Cut the peppers in strips and add them ten minutes before removing from the fire. Serves 12.

Mrs. P. Mendoza

FISH

CHARTREUSE OF FISH

Wet mould, put in a little aspic jelly. Add cooked fish, some hard boiled eggs, and sprigs of parsley. Let this set and add some aspic. Add mayonnaise, mix more fish, eggs etc. till mould is full. Set to cool. Decorate with hard boiled eggs and parsley.

J. D. A.

DEVILED SHRIMP

1 pound fresh shrimps
2 tablespoons lard
1 section garlic, crushed
1 small piece cooking ginger, peeled and crushed, salt to taste
1 tablespoon sugar
1 tablespoon flour
1 tablespoon vinegar
1 tablespoon soy sauce
2 tablespoons tomato ketchup
½ cup stock (made from pork, beef, or chicken)

Wash shrimps in warm water and drain well, leaving shells on. Heat lard, brown garlic and ginger in it. Then add the shrimps, salt to taste and cook for fifteen minutes, stirring constantly. Mix well the sugar, flour, vinegar, soy sauce and ketchup with the stock; add to the shrimps and cook until mixture thickens, stirring all the while. Remove from the heat, garnish with chopped green onions and serve with rice.

Rita J. Noel
Carcar, Cebu

ESCABECHE DE LAPULAPU (Pickled Fish)

1 kilo lapulapu
3 large onions
2 teaspoons ground red pepper
3 to 4 bay leaves
1 large garlic
1 teaspoon black pepper
¾ cups vinegar
¾ cups water
Salt to taste

Fry the fish in deep olive oil and when done take it out; in this same oil fry minced onions and minced garlic; when this is done add bay leaves, black and red pepper, then the vinegar and the water. Place fish in a deep serving dish and pour this mixture over it. If this sauce does not cover the fish add to it some more oil but it must have been boiled first with a little vinegar and water. Keep the fish well covered and let it stand for 3 to 4 days before serving.

Mrs. M. Planas

FISH—Gratin

1 white fish	A little nutmeg
2 teaspoons butter	Potatoes, bread crumbs
2 finely chopped onions	Egg yolks
1 bay leaf, salt to season	

Boil the fish in salted water until done. When cool remove the bones and skin, and pick the fish into small pieces with two forks.

Melt the butter in a saucepan, when it bubbles add the flour, chopped onions, salt and bay leaf, also the nutmeg, and simmer for 20 minutes. Boil the potatoes in their jackets, when cool, peel and slice them. Butter a baking dish, spread it with bread crumbs, put in a layer of fish, then a layer of potatoes, then a layer of sauce and so on until the dish is full. Beat the egg yolks until light, mix well with buttered breadcrumbs and spread over the top of the dish. Bake for one hour in a moderate oven. Serve with any kind of salad.

Mrs. J. L. Panis

FISH IN CUSTARD

Cooked fish
½ cup milk diluted with
½ cup water
1 tablespoon flour
1 egg beaten
1 teaspoon butter
Salt and pepper

To make custard melt the butter, add flour, salt, pepper, milk and egg. Put fish in pyrex dish, pour custard over fish and put small pieces of butter on top. Bake in oven at 325 degrees until the custard is set — about 30 minutes.

Mrs. G. C. Brown

FISH KEDGEREE

2 tablespoons butter
1 raw egg
1 hard boiled egg
Salt and pepper
½ cup boiled rice
¾ pound cooked fish
1 teaspoon chopped parsley
Little milk

Melt the butter, add the boiled rice, flaked fish, seasoning and well beaten egg, also the white of the hard boiled egg chopped. Add a little milk, transfer to casserole, sprinkle with yolk of egg and heat in oven about 20 minutes.

Mrs. G. C. Brown

FISH CREAM

¼ kilo fresh fish
2 tablespoons butter
¼ cup cream
¼ cup milk
2 tablespoons breadcrumbs
2 eggs

Put butter and breadcrumbs and fish free of bones in basin and pour hot milk over and beat with fork until butter is melted. Season with lemon juice, cayenne pepper and salt. Add cream to beaten eggs and mix with fish. Steam half an hour covered with greased paper. Serve with lemon. This is best turned out of mould and covered with sauce.

J. D. A.

FISH SPECIAL (Tanguigue)

½ kilo fish	3 yolks of eggs
½ lb. green grapes	3 tablespoons cream
2 glasses white wine	Pepper and salt,
¼ cup stock	Juice of 1 lemon

Clean fish of all bones and cut in thin slices for rolling, leaving a hole in the centre. Place in a fire proof dish, thickly buttered, and pour round the wine, fish stock and lemon juice. Poach fish in this mixture in oven for about ten minutes. Have ready grapes peeled and stoned and heat in a little of the wine. Dish the fillets on a hot entree dish and fill them with the heated grapes. Strain the liquid into a pan and thicken over a gentle heat with the cream and yolk of egg. Then pour carefully over the fish.

Jenny D. Anderson

FISH SCALLOPS

¼ kilo cooked fish	Few bread crumbs,
1 cup thick white sauce	Little melted butter.

Butter shell molds and sprinkle with bread crumbs. Flake the fish, heat sauce and add fish. Season well and turn into prepared shells. Sprinkle with breadcrumbs and little lumps of butter. Brown in hot oven. Serve.

J. D. A.

FISH ROE (FROM MAMSA)

Wrap roe in cloth to prevent bursting. Put in boiling salted water. Cook slowly for 1/2 an hour. Dish it and keep in cloth till cold. Skin and cut in thick slices. Sprinkle on flour and fry in deep fat until crisp. Excellent on toast for breakfast.

J. D. A.

FRIDAY DISH

1 can tuna
(or) 1 can Salmon in
buttered casserole

Open 1 can peas, put on top of fish. Add one can cream of mushroom soup to top of this, not diluted. Cheese or cracker crumbs on top. Put in hot oven and bake until heated through and cheese is melted or cracker crumbs browned.

Mrs. L. L. Self

GRILLED SALMON

Grilling is one of the best methods of cooking a slice of salmon. Have the slices one inch thick. Dip in salad oil or melted butter. Make grill thoroughly hot. Grease it, and cook fish over fire allowing ten minutes for each side and brushing it occasionally with more butter. Serve garnished with cut lemon, and any good sauce may be served separately.

J. D. A.

LOBSTER A LA THERMIDOR

1 boiled lobster
Cream
½ cup sherry
Dash of cayenne
Few whole mushrooms
Slices of peppers

½ cup sliced mushrooms
2 tablespoons chopped pimentos
Salt and pepper
Speck of mace
Browned, buttered breadcrumbs

Split lobster; remove all meat. Keep claw meat whole; cut up body meat.

Put into frying pan. Cover with cream; add sherry and cayenne. Clean shell; put aside to serve lobster in- Cook down cream to sauce consistency. Add mushrooms and pimentos. Season—salt, pepper, mace. Pour into lobster shell; garnish with bread crumbs, peppers and whole mushrooms. Bake till brown.

Mrs. Wislizenus
B.W.R.A. Cook Book, Davao

NORWEGIAN FISH BALLS

¼ kilo fish
½ cup cream
Butter

Scrape fish from the bone and pound in mortar till fine. Boil the bones and keep extract. Season with pepper and salt and grated nutmeg. Add small piece of butter size of a walnut. Boil cream and let it cool, then pour in fish mixture. Make into balls and cook in extract of boiling fat. Serve with white sauce with a dash of tomato ketchup. Balls may be rolled in breadcrumbs and egg if preferred.

J. D. A.

PRAWN CUTLETS

Take 12 large prawns, slice open down the back to remove black sinew but do not cut in half. Have ready boiling fat, place prawns in egg, breadcrumb, and fry on both sides until light brown, about 5 minutes.

V.B.

RICE WITH FISH

Saute in olive oil, garlic, onions and tomatoes. Add the fish and cook five minutes. Add the rice and water to steam it. Before removing from fire add peas and strips of roasted pimento. Let stand for five minutes and serve.

Mrs. Generosa D. Jakosalem

SALMON STUFFED IN CUCUMBER

½ pound cold salmon
2 tablespoons mayonnaise
1 hard boiled egg
1 cucumber
1 tablespoon chopped parsley
Cress, lettuce and tomato

Cut cucumber into pieces about 2 inches long and peel thinly. With a round cutter mark out the centre about 2 thirds down and scoop it out. This forms a cup. Prepare and shred some lettuce. Slice the egg and tomato and flake the salmon.

Toss the mixture carefully in salad dressing, then fill up the cases. Place on a dish and decorate with lettuce, tomato and cress, then serve.

J.D.A.

SALMON CELERY LOAF

1 pound can salmon
1 can condensed celery soup
2 eggs
2½ cups soft breadcrumbs

Flake salmon removing any skin, add soup, well beaten eggs and bread crumbs. Bake in greased loaf pan for 1 hour at 350ºF. Serve with a Relish sauce made by adding 1 chopped hard boiled egg and 3 tablespoons pickle relish to 1 cup hot thin white sauce. Serves 6.

Mrs. John Heine

SCALLOPED SALMON

2 tablespoons butter
2 tablespoons flour
Pinch of salt
⅛ teaspoon paprika
1 cup flaked salmon
1½ cups milk
1 large egg
4 teaspoons Lea and Perrins sauce
2 tablespoons green pepper, minced
1 cup cracker crumbs

Melt butter; add flour, salt and paprika, stirring well until blended. Add milk gradually and bring to a boiling point, stirring continously. Remove from fire and add slightly beaten egg, Lea and Perrins sauce, green pepper, salmon and one-half cup of the cracker crumbs. Mix well. Pour into greased casserole. Sprinkle top with remaining crumbs and dot with pieces of butter. Brown in medium oven for forty-five minutes.

Mrs. S. P. Briggs
Kolambugan

SHRIMP AND RICE

6 strips bacon
2 cups cooked rice
Fat from bacon
1 can tomato soup
1 green pepper
1 onion
½ cup celery
½ pound shrimp, cooked

Brown bacon, onion, and pepper in a saucepan. Add celery and bring to boil. Mould rice on plate, garnish with shrimp and pour sauce over all.

Mrs. Flora Dayrit

SHRIMP CREOLE

3 cups hot boiled rice
2 tablespoons fat
2 onions, sliced
4 stalks celery chopped
1 teaspoon salt
2 cups tomatoes
2 cups peas
1 tablespoon vinegar
1 cup water
1 teaspoon sugar
1½ cups cooked shrimps
1 tablespoon chili powder

Cook onions, celery till brown in fat; add flour, seasonings, and slowly pour water. Cook 15 minutes. Add tomatoes, peas, vinegar, sugar and shrimps. Continue cooking ten minutes more or until shrimps are thoroughly heated. Mold rice either in cones or ring and surround with the shrimp creole.

Mrs. E. L. Short

SMOKED FISH

½ Kilo fish (Tangigue)
1 piece of butter
pepper and salt.
Charcoal fire
Sawdust.

Clean fish free from bones and remove skin. Cut in pieces 2-3 inches thick. Rub each piece with butter, pepper and salt. Have ready a Charcoal fire, when hot sprinkle with sufficent sawdust to make a good smoke. Place greased wire back on fire with fish, cover it to retain smoke. Cook for ten minutes or till brown, turn and cook on other side. Keep adding more sawdust to keep a good smoke.

Serve with melted butter, scrambled or poached eggs, and mashed potatoes.

J. D. A.

SUN VALLEY FISH

1 medium fish
2 large onions
5 eggs (hard boiled)
Oil and vinegar
Salt and seasonings
Lemon juice

Boil fish in salted water, when cooked drain off water. Skin, bone and flake the fish; place it in a serving dish, spread finely minced onions over the fish. Separate the whites from the yolks, cream yolks with the oil and vinegar, chop the egg whites and spread over the onions, then the creamed egg yolks; sprinkle with lemon juice and place in refrigerator. When time to serve garnish platter. Serve cold.

Mrs. M. Planas

TUNA FISH AND NOODLES EN CASSEROLE

1 package noodles
1 clove garlic
1 cup medium white sauce
2 tablespoons flour
2 tablespoons salt
1 cup milk
1 can tuna fish
½ teaspoon salt
1 green pepper cut fine
2 tablespoons butter
1 small can mushrooms
⅛ teaspoon pepper
4 tablespoons rum
¾ cup grated cheese
¼ cup crumbs

Cook noodles in water adding garlic. Drain, rinse and drain again. Add other ingredients (reserve 1/4 cup cheese and crumbs) in order given. Mix well. Turn into buttered casserole. Sprinkle with remaining cheese and crumbs. Bake 45 minutes in 350 degrees oven. Serve garnished with parsley.

Mrs. E. P. J. Fee

TUNA EN CASSEROLE

7 oz. can tuna
1 can cream mushroom soup
1 pound potato chips
Milk

Butter casserole. Place in dish a thin layer of potato chips, next a layer of tuna. Alternate until desired amount is reached. Over this pour 1 can of cream of mushroom soup which has been diluted with 1/2 can of water and 1/2 can of milk. Bake in 300 degrees oven for 35 minutes.

Thelma Ellis

TUNA FISH PIE WITH CHEESE ROLL CRUST

½ cup sliced green pepper
2 slices onions
3 tablespoons butter
6 tablespoons flour
½ teaspoon salt
3 cups milk
1 large can tuna fish drained
1 tablespoon lemon juice

Melt butter. Add green peppers and onion. Cook until soft, and add flour. Stir until well blended. Add salt. Add milk slowly, stirring constantly until thick and smooth. Bring to boil. Boil 2 minutes and add remaining ingredients. Pour into large baking dish and cover with cheese rolls. Serves 8.

Lolita S. de Aboitiz

Special International Dishes

CHOP-SUEY

1 cup flaked boiled chicken
1 cup sliced boiled shrimps
6 tablespoons chinese boiled ham
2 chinese sausage
½ cup mushrooms
2 sliced gizzards and livers
6 tablespoons soy sauce
1 cup mongo sprouts
1 cup cabbage cut in ½ inch squares
½ cup sliced pork
1 pig's kidney
1 cup sliced celery
1 sliced carrot
1 teaspoon salt
¼ teaspoon pepper
3 sliced onions
1 tablespoon flour
2 cups ham
Chicken broth

Sauté the garlic, onions, pork, shrimps, sausages, liver, gizzard, kidneys and mushrooms together. Then add the soy sauce, salt, pepper, and shrimp broth. Boil for five minutes. Add the vegetables, and the ham and chicken broth, mixed with flour. Boil until the vegetables are tender.

Miss Tomasa Joseph.

CHOP-SUEY

2 large American or 4 Filipino small chickens (raw)
3 slices ½ inch thick of (raw) ham
1 kilo cuchay (white raw)
1 kilo Pechay (green) raw
4 large green peppers (bell)
3 large red bell peppers.
½ kilo carrots (raw)
1 kilo cabbage (raw)
10 white fresh radishes (medium size)
20 dry mushrooms (about 10 cents)
1 can water chestnuts.

2 cans bamboo shoots (must be oiled).
6 large American onions. (raw)
2 small bunches fresh onions (use tops too).
7 bunches Filipino celery (use all)
½ bunch fresh American celery (if not obtainable use 1/2 can of S & W celery.)

First remove chicken from bones, put the bones on to boil right away with plenty water for broth, then return to chicken and raw ham, cut up in very small pieces —chop up all vegetables in medium small pieces. First fry small handfull of chicken and ham in butter, add small amount of all vegetables, except bamboo shoots, water chestnuts, cuchay and pechay. Soak dry mushrooms in cold water for a few minutes before slicing and they slice easier. To each skillet of ham, chicken and vegetables add a few drops of soy sauce, do not use salt. After all the ham and chicken and vegetables have been fried about done, put in large pan and add chicken broth from chicken bones, and boil well for ½ hour or longer. Serve with noodles and rice.

Mrs. B. Self

FRIED BREAD WITH SHRIMP
(FOOCHOW DISH)

15 whole shrimp
½ pound ground pork
Flour
½ cup dried Chinese mushrooms
15 small squares of bread

Mix ground pork with little flour so that it holds together. Remove shells from shrimp and clean thoroughly. Soak mushrooms in water for 20 minutes. Chop and add to pork mixture. Place one whole shrimp on each square of bread, put spoonful of pork mixture on top, patting down well. Fry each piece in deep fat until golden brown. Serve at once.

Mrs. Tian Su Lin

FRIED SHARK'S FIN

1 Cup (or 60 gr.) Dried Shark's fin
4 Eggs
½ Cup Green Pea
½ Cup Bamboo Shoot
¼ Cup Chinese Mushroom
¼ Cup Pork (half fat)
½ Cup Chinese Almond (sweet)

Brown the almonds, wait until cold, then grind them very fine.

Boil the shark's fin with plain water until tender or about 30 to 45 minutes.

Cut the pork, peas, bamboo shoot and mushroom in very fine slices, then measure.

Heat the frying pan with ½ cup of lard, fry the meat, then add shark's fin, green pea, bamboo shoot and mushroom. Fry together until well cooked. Add 1 tablespoon Ve-Zin Powder and 1 or 2 spoons bean soy sauce to suit taste.

Then decorate with almonds on top.

Margaret H. Yu

LUMPIA (CHINESE)

1 kilo pork, chopped
40 shrimps, chopped raw
3 fish (piji-very flat thin fish but any kind will do)—chopped raw
5 eggs
12 native green onions, chopped
½ kilo Chinese ham, chopped
12 Chinese dried mushrooms, soak in water 20 minutes
2 pieces of young bamboo chopped
3 kilos cabbage, chopped
¼ kilo Tian Chai (mongo bean sprouts—large size sprouts)
1 kilo green peas, chopped
20 pieces Tian Kan chopped

Grind everything but eggs very fine. Fry each ingredient separately in little shortening, purico or lard. Mix all together except eggs and place in kettle with a little water and soy sauce. Cook about 10 or 15 minutes. Put spoonful on lettuce leaf, top with sliced fried eggs, and wrap in apa paper.

Mrs. Tian Su Lin

PANSIT

½ kilo pork meat
½ kilo pork heart
½ kilo pork liver
Fresh shrimps (50 centavos worth)
Green Filipino Celery (10 centavos worth)
10 cents worth of Parsley
Noodles (1 box)
3 heads raw cabbage.
4 small cans mushrooms.
¼ kilo of sliced raw ham
1 Ganta rice

Chop up pork and heart, liver and ham. Fry first in butter and few drops of toyo (soy) sauce, add cabbage, parsley, celery, and mushrooms, a small amount at a time until all is fried, then add very little water and fry-steam until thoroughly cooked. Mix with rice and noodles that have been cooked separately. For 12 people.

Mrs. L. L. Self

PANSIT BUKO

2 cups buko, (young coconut) cut in strips.
2 cups young ubod, (coconut heart) sliced
1 cup cabbage, cut in strips.
1 cup fresh pork, sliced
½ cup fresh chicken, sliced
½ cup boiled shrimps, sliced
¼ cup clean boiled crab
1 cup chicken stock
1 big onion sliced

4 segments garlic sliced
1 cup fresh peas (chichano) cut lengthwise
1 cup fresh small nohu, (similar to a small octopus) sliced
1 chinese sausage
4 calamansi (lemoncitos) cut in halves
3 tablespoons lard.
2 tablespoons toyo (soy sauce)
Salt and pepper to taste

Sauté the garlic, onion, pork, chicken, ubod and nokus. Add toyo and boil a little. Add the buko, cabbage, peas, shrimps, crab and stock. Cook until tender. Season with salt and pepper. Serve hot garnished with leaves of green onion, calamansi, and the fried sausage cut in rounds.

Mrs. Jose Delgado

PANSIT LOG-LOG

Fry each ingredient separately with little toyo (soy sauce) mixed with lard.

Tocua	4 cents worth.
Pork	20 cents worth.
Shrimps	10 cents worth.
Tinapa	5 cents worth.
Garlic	5 cents worth.
Bijou sauce	(10 cents worth. (To be scalded together)
Mique	(10 cents worth.
Kinchay	(1 cent worth
Camote flour	)
Teotis seeds	(For sauce).
Shrimp juice	)
Native onions cut in pieces	
White pepper	
Eggs-hard boiled-sliced	

ORDER OF PREPARING

1. Scald bijou, mique and kinchay with chicken broth.
2. Lard
3. Patis
4. Sauce
5. Pepper
6. Sicharon
7. Pork and shrimp and tocua.
8. Tinapa
9. Fried garlic
10. Native onion
11. Egg sliced
12. Calamansi

HOW TO PREPARE SAUCE:

Boil 1 cup shrimp juice and 2 cups water until it simmers. Add 1 cup of camote flour gradually, stirring constantly, then add ½ cup of the juice of teotis. Flavor with patis. Two beaten eggs may be added.

Mrs. Vedasto Samonte

PANSIT LUG-LOG

¼ kilo pork
½ cup peeled shrimps
1 bean cake (tokna) cubed and fried
Green onions and kinchay
1 clove garlic
1 sliced onion
Salt and pepper to taste
Bijou sauce
Bijou noodles

Sauté garlic and onion. Add pork and shrimps. Simmer till pork is tender. Add fried bean cake, and chopped kinchay. Season with salt and pepper. Make a sauce of shrimp juice, flour and bread crumbs coloring with a little achuete. Cook sauce till thick but not too thick to pour, season with salt and pepper. Set aside. Boil bijou till tender. Drain and set noodles on plate. Pour the sauce over the noodles. Arrange the first mixture on top of the sauce. Sprinkle over with ground clintcharon and garnish with chopped green onions and sliced hard boiled eggs.

Mrs. Paz A. de Miranda

PECHAY DUCK WITH GREEN ONION

- 1 Young Duck
- 10 Leaves Pechay
- 20 Stalks Green Onion
- 1 Cup Chinese Mushroom (10 to 15 pieces)
- 1 Tablespoon Whisky (or any kind of wine)
- 1 Piece Rock Sugar (medium)

Season duck with ¼ cup of Oriental bean soy (sauce).

Soak mushrooms in water for about 10 to 15 minutes.

Heat fat in deep frying pan, brown the duck, pechay and onion at the same time or separately.

Put duck, pechay and onion in a pot, add mushroom, wine and rock sugar. Put water enough to cover the duck.

Cook until tender (or very tender if desired) then add one or two tablespoons bean soy to suit taste.

Margaret H. Yu

The following recipes for Chinese dishes were copied from a book owned by Mrs. Martin Sands, entitled "Chinese Dishes for Foreign Homes", written by Nellie C. Wong, and published by Kelly and Walsh, Limited, Shanghai.

ALMOND OMELET

- ½ cup salted almonds, chopped (walnuts and pecans may be used)
- ½ cup celery, cut in thin slices
- ½ cup onions, sliced fine
- ½ cup mushrooms, sliced thin
- 1 cup bean sprouts
- ½ cup meat broth
- 1 cup boiling water
- 4 eggs, well beaten
- 1 tablespoon soy bean sauce
- 2 teaspoons cornstarch diluted with 4 tablespoons cold water
- Pepper and salt to taste

Parboil celery, onions, mushrooms and bean sprouts in 1 cup boiling water with a little salt for 5 minutes. Drain vegetables in a colander. Beat 4 eggs, whites and yolks together. Add cooked celery, onions, mushrooms and bean sprouts. Season ingredients with soy bean sauce, pepper and salt. Drop 2 tablespoons in a small quantity of hot fat in a hot frying pan and fry slowly in cakes. When nicely brown turn and brown on the other side. Using the same pan which the almond omelet cakes have been fried in add a little fat, meat broth and make a brown medium gravy with cornstarch. Pour the brown gravy over the almond omelet cakes. Serve with cooked rice.

CHINESE RICE

The proper way to cook rice is to wash the rice clean, add water, measuring one inch above the rice surface.

Let it come to a boil, then turn the gas low, let the rice simmer until it is cooked dry. Do not open the lid during cooking. When the rice is correctly cooked, every grain stands by itself.

CHOW FOO YONG

8 eggs, well beaten
½ cup cooked ham, cut thread fine
½ cup celery, cut thread fine
½ cup mushrooms, cut thread fine
½ cup bamboo shoots, cut thread fine
A very small piece raw ginger, chopped fine

Mix mushrooms, bamboo shoots, celery and ginger with a little soy bean sauce, pepper, salt and a pinch of sugar. Fry mixture in a hot frying pan greased with vegetable oil. Cook until tender and remove from pan. Combine with well-beaten egg and ham, and stir until ingredients are well mixed. Drop a tablespoon at a time into a greased pan and cook slowly into cakes at least one-half inch thick, turning over when nicely brown and well set.

CHOW MEIN, AMERICAN STYLE

- 1 pound noodles
- ½ pound beef, sliced thin
- ¼ pound ham, shredded
- 2 large onions, sliced into halves
- 1 stalk celery, sliced fine and crosswise
- 1 cup water chestnuts, sliced thin
- 2 cups water
- 2 hard boiled eggs, cut into quarters
- 1 tablespoon cornstarch
- 1 tablespoon soy bean sauce
- ½ teaspoon sugar
- 1 teaspoon salt, pepper to taste

Drop a few raw noodles at a time in a pot of deep hot fat. Fry noodles over a slow fire. As soon as the noodles turn golden brown remove them from fat and drain off on paper napkins. Continue frying the noodles in like manner until the whole has been fried.

Fry sliced beef in a hot greased pan. Add soy bean sauce, onions, celery, water chestnuts and water. Cover the pan and let the mixture cook for twenty minutes. Stir constantly. Thicken the gravy with a thin paste of cornstarch and water. Season with sugar, pepper and salt. Place fried noodles on a large platter and pour over it the mixture of beef, celery, etc. Garnish with shredded ham, hard boiled sliced eggs and parsley.

CHOW MEIN, CANTONESE STYLE

- 1 pound noodles
- 1 pound pork, sliced thin
- ¼ pound cooked ham, shredded
- ½ pound fresh mushrooms, sliced thin
- 1 cup bean sprouts
- 1 cup bamboo shoots, sliced paper thin
- 2 cups meat broth
- 2 eggs
- 1 tablespoon soy bean sauce
- 2 teaspoons salt
- Pepper to taste

Drop the raw noodles into a pot of boiling water. Add a teaspoon salt and boil for ten minutes. Pour noodles into a colander and run cold water over them. When well drained spread in a large baking pan, which has been slightly greased with a little butter, and dry in a warm oven.

Fry sliced pork in a hot frying pan with a little fat or vegetable oil, then add soy bean sauce to the meat. Cook the pork until golden brown. Add the mushrooms, bamboo shoots, bean sprouts and one and one-half cup meat broth. Cook the mixture for five minutes. Season with pepper and salt.

Beat up the two eggs lightly, fry them in a hot pan greased with oil. Fry the eggs very thin (like a pancake). Remove from pan when cooked. Slice into fine shreds.

Take the noodles out of the oven. Fry them in a hot greased pan for three minutes. Add a half cup meat broth to the noodles. Stir constantly. Remove the noodles from the pan and spread them on a large platter. Pour the mixture of pork, mushrooms, bamboo shoots, etc. over the whole surface of the noodles. Garnish with shredded ham, eggs and parsley. Serve hot.

CHOW TAN

1 cup shredded crabmeat
1 can bean sprouts, drained dry
1 cup bamboo shoots, cut fine
¼ cup onion, sliced thin
6 eggs
2 tablespoons soy bean sauce
½ teaspoon pepper
½ teaspoon salt

Beat six eggs, whites and yolks, together. Add the crabmeat, sliced bamboo shoots, onion and bean sprouts, two tablespoons soy bean sauce, ½ teaspoon each of salt and pepper. Drop by tablespoonfuls in a small quantity of hot fat in a hot frying pan. Brown on one side, then turn and brown on the other. Serve hot.

EGG-FLOWERS SOUP

- 1 quart chicken broth
- ½ cup finely chopped water chestnuts
- 2 eggs
- Pepper and salt

Pour half cupful of finely chopped water chestnuts into a quart of boiling chicken broth. Cook for about five minutes. Beat up two eggs, yolks and whites together. Pour egg into chicken broth and stir well and slowly until it forms small flowers. Add pepper and salt to taste.

FLUFFY-SQUAB

- 1 large squab
- ½ pound lean pork
- 1 cup mushrooms, chopped fine
- 1 cup water chestnuts, chopped fine
- 2 cups squab broth
- 1 cup rice noodles
- 1 small piece raw ginger
- 1 tablespoon soy bean sauce
- 2 teaspoons cornstarch
- Pepper and salt to taste.

Cook squab for ten minutes in a little boiling water. With a sharp knife remove meat from bones. Put squab meat, pork and ginger into a meat grinder and grind the mixture fine. Fry in a hot pan with a little oil. Add water chestnuts, mushrooms and broth. Cook for fifteen minutes. Stir constantly. While the mixture is being cooked, fry the rice noodles in hot deep fat (a few at a time). As soon as the noodles expand like puffed rice, remove them from fat and drain off grease on paper. Spread on a platter. Thicken gravy with cornstarch. Season squab with soy bean sauce, pepper and salt. Pour the fluffy squab over the rice noodles. Sprinkle peanuts on top and garnish with parsley. Serve hot.

Rice noodles can be obtained in Chinese grocery stores. They come in little white bundles. Each noodle looks like a white hair. When it is fried in deep fat it puffs up like puffed rice. The Chinese name for it is Fun Si.)

FRIED RICE, CHINESE STYLE

4 cups cooked rice (rice must be cooked dry)
1 cup fresh cooked shrimps
½ cup cooked ham, diced
1½ cup mushrooms,
1 large onion, chopped fine
½ head lettuce, shredded
3 eggs, well beaten

Fry cooked ham, rice and onion in a hot pan with a little fat or oil. Add mushrooms and shrimps. Fry the mixture until rice is nice and dry. Then add beaten egg and lettuce. Season with soy bean sauce, pepper and salt to taste. Stir the mixture well and fry for five minutes. Serve hot.

PINEAPPLE CHICKEN

1 large chicken
1½ cup pineapple, diced
1 cup mushrooms, sliced
1 cup bamboo shoots, sliced paper thin
1 cup water chestnuts, sliced
1 large piece ginger root, chopped fine
Juice from one half lemon
1 teaspoon sugar
1½ teaspoon salt
1 tablespoon soy bean sauce
1 tablespoon cornstarch
1 cup water
Pepper to taste

Wash chicken clean and dry with a towel. Cut it into small pieces and fry in a hot greased pan for ten minutes. Add ginger, water chestnuts, bamboo shoots, water, lemon juice, sugar, soy bean sauce, pepper and salt to taste. Thicken the gravy with cornstarch. Then add pineapple. Serve hot.

SHRIMP STRAWS

(This recipe was awarded First Prize at the Women's Exposition of Industrial Arts, New York City, 1927).

1 pound fresh shelled shrimps
1 pound white bread
Whites of 3 eggs
½ onion
½ teaspoon salt
⅛ teaspoon pepper
Small piece fresh ginger

Place shelled shrimps, onion and ginger in a chopper and chop very fine; remove from chopper into a large bowl, add the whites of three eggs, salt and pepper, then beat the ingredients until stiff. Now spread the mixture upon thinly sliced bread. Cut into strips about an inch wide and four inches long. Sprinkle browned bread crumbs upon the shrimp strips. Place in boiling deep vegetable oil or lard; as soon as the bread turns gold brown, remove straws from fat and place upon a piece of paper to drain off the oil.

Shrimp straws should always be served hot and fresh.

STEAMED DUCK

1 young, tender duck, dress and clean (chicken may be used)
8 cups boiling water
1 cup fresh mushrooms
½ cup lotus seeds; soak in 1 cup hot water, remove the brown skin
½ cup blanched almonds
½ cup bamboo shoots, cubed
½ cup water chestnuts (canned water chestnuts may be used) cubed

- ½ cup cooked ham, sliced thin
- 1 piece ginger root, cut in small pieces
- 1 tablespoon soy bean sauce
- Pepper and salt

Stuff duck with lotus seeds, almonds, bamboo shoots, and water chestnuts, which have been seasoned with pepper and salt. Truss duck, place on its back in stewpan, and add 8 cups boiling water. Spread mushrooms, cooked ham and ginger on the duck's breast. Sprinkle pepper and salt. Cover and cook slowly 3 hours or until tender. Add soy bean sauce to broth. Steamed duck should be served in a deep vegetable dish, the duck should be half covered with broth so as to give the appearance of swimming.

SWEET AND SOUR FISH

- 1 large fish, well cleaned
- 1 cup pickled onions, cucumbers, sliced thin
- 2 fresh onions, sliced fine
- 1 cup cider vinegar
- 1 piece fresh ginger
- 2 bell peppers, red and green
- 2 tablespoons sugar
- Cornstarch

Slice the fresh onions and peppers, soak three hours in hot cider vinegar which has been boiled with a little salt and sugar. After rubbing the fish with salt and black pepper, fry it in deep cooking oil or lard until fish skin is crisp and brown. When cooked enough remove from the deep fat and place on a large platter. Drain the onions and peppers. Use same vinegar, pouring it into a frying pan which has been greased; let vinegar come to a boil, add sugar, salt, pepper, and Chinese soy bean sauce to taste. Then take up the ingredients, spread them nicely over the fried fish, now add the pickled mixtures to the seasoned vinegar and let them come to a boil. Dip up the pickled vegetables and spread evenly on top of the fish.

Make a medium gravy with a little cornstarch, using the same vinegar in which the pickled vegetables were cooked. Pour that rich gravy over whole fish and serve hot.

WALNUT CHICKEN

1 young chicken
½ pound walnut or almond meats
1/3 pound water chestnuts
10 large sized black mushrooms

Fry nut meats in a pan until slightly brown or crisp.

Remove meat of chicken from bones and cut into small cubes and fry in hot pan with a little fat.

Soak mushrooms in warm water and cut into cubes.

Blanch and cut water chestnuts into cubes, then fry mushrooms and chestnuts in same manner as chicken.

Add mushrooms and chestnuts to chicken, with a small piece of ginger chopped fine and a dash of soy bean sauce, pepper and salt to taste. To this mixture add the browned nut meats, stirring the whole thing well. Serve hot.

ADOBO

1 fat chicken
½ kilo pork
3 cloves garlic
1 bay leaf
1/3 cup vinegar
¼ cup soy sauce
Salt and pepper to taste

Joint the chicken, cut the pork in squares. Season with salt and pepper. Soak in vinegar and soy sauce for one hour. Put in a pan, add the garlic, bay leaf and few grains pepper. Cook slowly until there is little liquid left. Add one cup of water and a little lard if the meat is not too fat. Continue to cook until the chicken and pork are tender.

Luz M. Sanz

BENIGNIT

10 camotes, (sweet potatoes)
10 ripe sab-a bananas
1 ubi
¼ ripe nanka (jackfruit)
Mashed gabi balls
1 cup sago
1 teaspoon anise seeds
1 can condensed milk-type
1½ quarts of water
1½ cups of sugar
Pure milk of 2 coconuts (juice squeezed out of the grated meat with no water added)

Peel the camotes, ubi and bananas and cut into cubes. Peel and boil the gabi and pound into a fine paste. Roll into tiny balls. Cut the nanka meat into strips. In a deep vessel place the camote, ubi, bananas, and pour about 6 cups of water. Set to boil and when half done, add the gabi balls, sugar, and condensed milk. Stir the mixture gently, then add the sago and anise seeds. Simmer till thoroughly done. Just before removing from fire, pour in the pure coconut milk, boil for 2 minutes stirring gently to avoid curdles. Serve hot.

M. Sales

BIBINKA (Plain)

3 eggs
1½ cups of coconut milk
1 cup of sugar
2 cups of flour
4 teaspoons baking powder,
½ teaspoon salt
Melted butter

METHOD: Grate the coconut and extract milk by adding enough water to make 1-½ cups of rich milk. Beat eggs well until light and creamy and add the sugar, then about ½ cup of the coconut milk. Stir the mixture well. Mix the soft dry ingredients and add by spoonful to the first mixture alternately with rest of the coconut milk stirring constantly so no lumps are formed. Line a round baking tin with a banana leaf, fitting the leaf well over the bottom and half way over the sides. Pour the mixture to about 2/3 full. Bake in a hot oven for 15 minutes. When partly baked brush top with melted butter and sprinkle some sugar. Return to the oven and bake till a fine golden crust is formed.

M. Sales

BRAIN SPECIAL

1 Brain of a cow or
4 brains of a pig
½ cup shelled shrimps, divided lengthwise
1 chorizo (spanish sausage) de Bilbao cut crosswise
½ cup sliced chicken liver, gizzard and chicken meat already boiled and without bones
2 cups chicken broth and shrimp liquor
1 can asparagus tips
1 onion sliced
2 tomatoes
1 can red pepper cut in strips, ½ inch wide
2 hard boiled eggs (sliced)
Salt and pepper to taste

Boil the brain in salted water. When it is tender put it in a plate and remove veins and membrane. Slice it into thin but big pieces.

Put lard in a frying pan. Fry 3 segments garlic crushed. Remove it when brown. Put in onions, then tomatoes. Add shrimps, chicken liver, meat and gizzard. After one minute add the chorizo. Let it simmer for 5 minutes. Add chicken broth and shrimp juice. Cover the frying pan. When the broth is boiling add the brain. Cook it for 5 minutes or until the brain and all are tender. Season with salt and pepper. Put it on a platter and garnish with pepper, asparagus tips and hard boiled eggs. Serve hot.

Mrs. Vedasto Samonte.

BUKO CHICKEN SOUP

2 cups buko (young coconut) cut in small squares
1 cup boiled cassava cut in small cubes
10 cups chicken broth
Salt and pepper to taste

Strain chicken broth. Season with salt and pepper to taste and bring to a boil. Add buko and cassava in the boiling broth and boil two minutes. Serve hot.

M. Sales

BUKO LOMPIA

2 buko (young coconut) grated
¼ cup shrimps sliced
¼ of cabbage sliced fine
1/3 cup pork sliced
½ cup soy beans (cooked)
A few sections garlic, sliced
½ onion sliced fine
Lompia wrapper

Saute garlic, onion, pork, shrimps, soy beans, cabbage, and buko. Season with salt to taste. When done, wrap in lompia wrappers. Seal with lompia sauce.

M. Sales

BUKO OMELET

½ cup buko (young coconut), shredded
¼ cup pork, ground
1 potato, cut to small cubes
2 teaspoons lard
2 eggs
1 small onion finely chopped
Salt and pepper to taste

Saute garlic, onion and pork. Add buko and potato. Season with salt and pepper. Continue cooking until done. Beat eggs, put in a frying pan in which lard has been heated and pour the cooked mixture over it. Continue frying, folding over the edge. Fry on all sides until brown. Serve hot.

CAMARON REBOSADO

4 native onions
1 cup shrimps
4 eggs
1 tablespoon flour

Slice the onions fine and saute in hot fat with the shrimps. Beat the eggs until light and cream-coloured, and sift in the flour, with a pinch of baking powder. Add the shrimp mixture, and drop by spoonfuls into a frying pan half filled with lard, and brown.

M. Sales

COCONUT HOT CAKE

1 cup coconut milk
1½ cup cassava flour
3 eggs
1 teaspoon baking powder
¼ teaspoon pork fat

Grate coconut meat, add water to make 1 cup and squeeze through cheesecloth to make coconut milk. Beat eggs; add milk and flour sifted with dry ingredients three times, alternately. Drop by spoonfuls in a pork fat greased pan and cook until both sides are brown. Serve with coco honey.

M. Sales

COCONUT HONEY

1 cup pure coconut milk (juice squeezed out of grated meat with no water added)	1 cup glucose
	2/3 cup brown sugar

Mix coconut milk, sugar and glucose. Cook in copper vat (tacho) over a slow fire. Stir constantly while cooking and cook until it reaches a temperature of 105 degrees centigrade or when it falls in a mass when dropped from a spoon. Fill in sterilized jar or can while boiling hot, and seal hermetically.

M. Sales

CUCHINTA

Soak overnight 1 cup rice with 1 cup water. Next day grind fine, to this add 1 cup sugar and 1 cup lijia. Mix well and place in small cups and steam from ten to twenty minutes.

M. Sales

POTO

Same as cuchinta only instead of 1 cup water to every cup of rice put only ½ cup.

M. Sales

FISH SINIGANG

2 fish (medium size)	1¼ cups cut camias
3 cups cangcong (tender stems and young leaves)	1 cup cut tomatoes
	6 cups rice washing
	5 tablespoons salt

Scale and clean fish. Cut into six pieces. Cut cangcong 2 inches long. Boil camias and tomatoes in rice washing. (Wash rice, drain, wash again and this water is called "rice washing" and is used in cooking.) Add salt to camias and tomatoes. When water boils, add cangcong and when almost tender, add fish and cook until done. Serve hot with patis (sauce) and calamansi (lemoncito). Note: For vegetables use any of the following as substitutes; eggplant, banana bud, green saba bananas, pepper leaves, camote tops, and pechay.

M. Sales

KALANDRAKAS

2 amargosos cut 2 inches long
3 egglants cut in wheels
1 sliced squash cut in cubes
2 cups cangcong (greens) cut 2 inches long
2 tablespoons bagoong alamang (very small salted fish)
2 segments garlic
1 cup string beans
½ cup pork, boiled
1/3 cup shrimps
1-1/3 cup pork broth
½ teaspoon salt
3 teaspoon lard

Cut vegetables as indicated above. Saute garlic, add pork, shrimp, and bagoong. Add broth and let boil for several minutes. Add eggplant, amargoso, string beans, squash and cangcong. Cover sauce pan and cook until vegetables are done. Season with salt. Serve hot.

M. Sales

KARI KARI

1 leg or tail of cow cut in pieces
6 eggplants, cut in wheels
2 banana buds, shredded
20 string beans (sitao)
1 small onion, sliced

1 head garlic, pounded
½ cup bagoong, alamang (small salted fish)
½ cup roasted peanuts, ground

3 tablespoons roasted rice, ground
1 cup thick coco milk
5 cups thin coco milk
2 cups broth of tail
1 tablespoon salt
1 tablespoon achuete

Clean and wash tail or leg of cow and cook until tender. Cut eggplants, shred banana bud and cut sitao. Extract achuete by frying in lard. Strain to remove seeds. Saute garlic and onion in the same lard where coloring was extracted, add bagoong, vegetables, cooked beef, and all other ingredients. (To make thick cocoanut milk—grate cocoanut meat, squeeze through cheese cloth adding enough water to make one cup. To make thin milk, use same grated cocoanut meat, pour over 5 cups of water and squeeze through cheese cloth.)

M. Sales

KILAWIN (Classic recipe)

1½ cups pig's liver
2 cups pork
1½ teaspoon black pepper
4 tablespoons lard
6 cloves garlic

½ cup native vinegar
2 teaspoons salt (or to taste)
½ cup water
1 onion

Cut the liver and pork in pieces 3 inches long, 2 inches wide and about ½ inch thick. Fry the garlic till light brown, add the onion cut fine and saute till brown. Add liver and cook three minutes. With the back of a large spoon press the pieces of liver, then add the pork. Cook five minutes. Season with salt and pepper. Add vinegar and water and cook till the meat is tender.

Mrs. Generosa T. Jakosalem
Copied from La Vanguardia

KILAWIN

Use lungs and heart of ox chopped fine. Finely sliced raddish, garlic, vinegar, salt and seasoning. Saute the garlic, chopped heart, lungs and raddish. Add vinegar and seasoning. Cook them till tender.

M. Sales

LUMPIA

Filling

1 chicken
1 kilo pork
½ kilo ubod (coconut heart)
2 kilos cabbage
Apa for wrapping
1 cup peeled shrimps
3 cloves garlic
1 onion
Green peas
Lettuce leaves

Mince the chicken, pork, ubod, cabbage and peas. Saute onions and garlic and when brown add shrimps, meat and vegetables. Cook slowly till done.

SAUCE

5 tablespoons flour
1 cup cold water
Garlic
Soy sauce to taste
Brown sugar to taste

Mix water, soy, sugar and flour. Heat a little lard, add the first mixture and cook slowly until thick. Chop a few sections of garlic and add to the sauce. Rub a sheet of apa with sauce, place on top 2 lettuce leaves, one extending beyond the apa at one end. Place 2 or 3 tablespoons of filling on the lettuce leaves and form into a roll. Serve with the sauce.

Mrs. E. Osmeña

MONGO SPROUTS WITH SAUTED BULANGLANG

1 cup sitao (string beans)
¼ cup Upo
½ cup calabasa (squash)
¼ cup shrimps and pork
1 tablespoon bagoong (very small salted fish)
1 cup shrimp stock
¼ of an onion
1 tablespoon green onion
1 tablespoon Chinese celery
2½ cups mongo sprouts

Cut the pork to pieces, sitao and upo. Cut squash into small cubes. Boil shrimps and pork with salt. Fry pork and shrimps with little onion and bagoong. Add ½ cup of pork and shrimps stock and add sitao and squash. Let boil until tender. Add upo and mongo sprouts. Arrange on a platter and garnish with green onion and chinese celery finely chopped.

M. Sales

MOCK MACARONI WITH CHEESE

1 cup buko (young coconut) grated with macapuno grater)
½ cup grated cheese
½ cup tomato ketchup
1 teaspoon finely chopped onion

Saute onion. Add ketchup and cook two minutes. Place grated buko in a baking pan or pyrex casserole and pour tomato ketchup over it and mix. Sprinkle evenly on top grated cheese and bake in a moderate oven until the top browns.

M. Sales

PASTILLAS DE PILI

1 can condensed milk	½ kilo refined sugar
500 pili nuts,	

Boil the pili nuts, stirring now and then, until they can be easily peeled. Remove from the fire and after taking off the skins, mash as fine as possible. Pour in milk and sugar and when well mixed place over a slow fire until the mixture acquires the consistency of paste. Spread out on a mixture board which previously has been sprinkled with sugar. Roll with a rolling pin until an equal thickness is obtained. Cut into the desired shapes.

M. Sales

PENACBET

10 young egglants	1 inch ginger pounded a little bit.
2 ampalayas	5 segments garlic crushed a little bit
20 string beans cut in pieces about 3 inches long.	3 tablespoons alamang bagoong (small salted fish) or fish juice.
½ kilo pork	
5 big tomatoes sliced	
1 Onion sliced	

Cut the meat into thin pieces separating the fat and the lean meat. Put the fat in a carajay (frying pan). Cook it until it is a bit brown. Add the lean meat and continue cooking for about 5 minutes. Put this in a caserola (saucepan). Cut the egg-plants lengthwise until the center being careful not to divide each one into two. Cut the ampalayas crosswise about 1 1/3 inches long. Divide each piece into 2 and remove the seeds. Put all the ingredients together with the pork. Add water about 2 1/2 cups. Cook over the fire until it boils shaking the caserola now and then. When the vegetables are about to be tender continue cooking over a very slow fire. Season to taste.

Mrs. Vedasto Samonte.

PIÑATONG MANI

- 9 cups of peanuts
- 1 tablespoon vanilla
- 1 can of condensed milk
- 4 cups water
- 7½ cups sugar.

Remove brown skins from shelled roasted peanuts. Pound into course granules. Mix the sugar, condensed milk and water together and cook till it forms a thick syrup, then add the nuts and the vanilla flavoring. Reduce heat, Stir the mixture constantly to prevent scorching, then pour all of it at once on a greased banana leaf. Spread evenly to about 1 inch thick. Mark while cooling into even slices. Grated coconuts and pili nuts can be used instead of peanuts.

M. Sales

POTO (Plain)

- 2 eggs
- 1½ cups coconut milk
- 1 cup sugar
- 2 cups flour
- 4 teaspoons baking powder
- Melted butter

METHOD: Grate coconut and extract milk by adding enough water to make 1½ cups and squeeze through cheese cloth.

Beat the eggs well until light and creamy and add the sugar. Add a little of the coconut milk and stir the mixture well. Mix and sift dry ingredients and add to the eggs, mix alternately with the coconut milk stirring constantly to avoid lumps. Grease the poto molds with melted butter and pour the mixture to about 2/3 full. Steam in a double boiler until firm. Serve plain or with shredded coconut.

M. Sales

RURAL IMPROVEMENT CLUB BUKO PANSIT

- 2 cups buko (young coconut) cut in long strips
- ½ cup cabbage cut in strips
- 3 teaspoon shrimps sliced
- 3 teaspoons pork parboiled and sliced
- ¼ cup shrimps stock
- 1 segment garlic pounded
- ¼ onion, sliced
- 1 teaspoon toyo (Soy Sauce), Salt and pepper to taste.
- 3 calamansi (lemoncitos) cut in halves crosswise.

Saute garlic, onion, shrimps and pork. Add shrimps stock and boil. Add cabbage and continue cooking until tender. Season with toyo, salt, and pepper. Add buko and mix well. Serve with calamansi in halves.

M. Sales

RURAL IMPROVEMENT CLUB LOMPIA

- 2 cups buko, (young coconut) cut in strips
- 1 cup cabbage cut in strips
- ½ cup sincamas cut in strips
- ½ cup shrimps cut in pieces
- 1 cup shrimps stock
- ½ cup boiled pork sliced in pieces
- ½ cup pork stock
- 1 segment garlic pounded
- ½ onion medium size
- 4 teaspoons lard
- Toyo (soy sauce) to taste
- Lompia wrappers
- Fresh native lettuce

Saute garlic, onion, shrimp, and pork. Add toyo and cook 1 minute longer. Add shrimps stock and stir while adding. Boil 5 minutes. Add cabbage, sincamas and buko. Cook until tender. Add pork stock. Continue cooking five minutes longer. Cool partially before wrapping, lining each lompia with a lettuce leaf.

Serve with sauce made as follows:

¼ teaspoon corn starch
1 teaspoon salt
1 teaspoon toyo (soy sauce)
1½ teaspoon sugar
1 cup water

Mix all ingredients and stir well to suspend starch uniformly. Cook over a slow fire until the paste thickens to the desired consistency.

M. Sales

SHRIMPS WITH UBOD

2 cups sliced young ubod (coconut heart)
2 cups shrimp stock
1 cup sliced fresh pork
1 cup sliced fresh shrimp
2 cups finely cut cabbage
1 cup sprouted mongo
3 tablespoons toyo (soy sauce)
2 tablespoons lard
1 teaspoon salt
3 segments sliced garlic
1 small onion, sliced
1 small tomato sliced

Wash and prepare all ingredients. Saute the garlic, onion and tomato. Add the pork, shrimp, ubod, mongos, toyo and salt. Cook for a few minutes till the juice comes out. Add the cabbage and the stock. Cook on slow fire until the mongos are tender. Add more salt if necessary.

Mrs. Jose Delgado

SWEET SOUR SAUCE

3 tablespoons flour
2 tablespoons sugar
2 tablespoons toyo or soy sauce
¼ cup vinegar

Melt the sugar in a sauce pan with half a cupful of water, stir in the flour and cook for a few minutes, stirring constantly. Add the toyo and vinegar, stir until smooth and cook for a few minutes longer. If you are using cornstarch use half the quantity of corn starch as it has double the thickening power of flour.

M. Sales

TALINUM DELIGHT

1 cup blanched talinum
½ cup white sauce
1 egg
¼ cup diced cooked carrots
¼ cup shredded blanched cabbage

Mix all vegetables and add white sauce. Beat egg very well and fold in mixture. Place in a mold and cook in boiling water.

M. Sales

TALINUM IN BLANKET

½ cup talinum
1 segment garlic
1 small onion (diced)
1 tomato (diced)
3 teaspoons shrimps (diced)
2 teaspoons diced pork
4 string beans (diced)
2 teaspoons shrimp juice
2 eggs
Toyo (soy sauce) and pepper

Saute ingredients No. 2 to 7. Add shrimp juice and season. Add talinum and remove from fire. Beat egg very well and fry thinly covering the bottom of the pan. Remove from fire. Put the cooked vegetables on the cooked egg and roll. Serve hot with tomato ketchup.

M. Sales

TALINUM WITH PORK AND GINGER

1 cup talinum
½ cup diced pork
1 teaspoon sliced ginger (strips)
1 segment garlic
1 tablespoon lard
1½ cup water
Patis to taste

Saute garlic, ginger, pork and patis. Add water and cook until pork is tender. Add talinum before serving.

M. Sales

CHICKEN PARISIENNE

2 chickens cut up for frying
1 can mushrooms
1 small bunch parsley
1 small bunch celery tops
½ cup ketchup
1 cup white wine
1 clove garlic
2 tablespoons flour

Place backs, necks and wings in a pot to boil with water. Roll the other pieces of chicken in flour and fry until nicely brown. Remove from frying pan. Add 1 tablespoon of Purico to grease. Add the flour left in pan and fry the garlic, parsley, and celery all chopped very fine. When brown, add mushrooms and their juice, the wine and the ketchup. Cook slowly for a few minutes. Place chicken and sauce in a dutch oven and cook slowly for one hour. If it gets too thick, thin it down with the chicken soup.

Mrs. M. E. Cleland, Jr.

GATEAU LE SANS RIVAL

10 egg whites
2¼ cups ground almonds
2 1/3 cups sugar
1 teaspoon vanilla

Beat the eggs and add the sugar little by little until it reaches the consistency of meringue, then add the ground almonds and the vanilla. Mix all the ingredients well and cook in shallow forms in moderate oven for fifteen or twenty minutes. When done fill with this cream.

½ cup sugar
½ cup butter
1/3 cup chopped almonds
2 tablespoons water
4 egg yolks

Make a heavy syrup with the sugar and water. Beat well the egg yolks and add the syrup beating the mixture well. Add the butter and let cool for a few minutes. Put this cream between the meringues as a filling and also to ice tops and sprinkle with chopped nuts.

Pacita C. Vda. de Aberasturi

GLACE DAME BLANCHE

1 cup ground almonds (not toasted)
2 cups fresh milk
1 small can Nestle's cream
½ cup water
2 cups sugar
1 teaspoon vanilla

Soak the ground almonds in the half cup of water, mix the sugar with the milk and simmer for a few minutes, add the soaked almonds and freeze. When half frozen add the cream and continue freezing until ready.

Pacita Vda. de Aberasturi

PATE FOURCHETTE (PATTY SHELLS)

2 cups or 250 grams flour
¾ cup plus 1 tablespoon or 200 grams butter or margarine
½ cup water
¼ teaspoon of salt

With two forks mix the butter which has been cut in small pieces with the flour till all the butter has been used, about 6 to 8 minutes. Moisten with water to which the salt has been added, form into a ball and let stand 6 hours. Place on a board and roll without turning. Cut with a round cutter. With a smaller cutter press halfway thru the center of each circle. Bake in a very hot oven. When the patties are done lift up with the tip of a knife the little circles in the center. This will be the cover. Scoop out any uncooked dough in the lower circle. Fill the shell with chicken a la king or any cream mixture. Cover with the smaller circle.

Mme. Jeanne Arnault

QUENELLES

½ pound sirloin of beef or veal	2 egg yolks
¼ pound bread-soup	1 teaspoon salt
½ cup butter	White pepper
1 egg	Dash of nutmeg

To make bread-soup: In a small pan place 9 tablespoons of water, a little salt and 1¾ tablespoons of butter. Mix well, add 1 cup of flour and mix with a wooden spoon. Cook over a strong fire stirring constantly until the paste does not stick to the spoon. Pour paste on a platter to cool completely.

Grind sirloin fine. Add the bread soup and remaining butter. Grind and mix well. Add salt, pepper, nutmeg, one whole egg beaten, the egg yolks one by one. Mix well. Pass thru a sieve or ricer and beat with a spoon. If not used immediately cover with a greased paper. Butter bottom of roasting pan. Force meat mixture thru a pastry bag or paper funnel having opening about ½ inch in diameter into roasting pan taking care that the "quenelles" (small rolls about 3 inches long) do not touch each other. Cover the "quenelles" with slightly salted boiling water. Let water simmer gently until they are firm.

Jeanne Arnault

KOTA STO FOURNO

1 large young hen
1 green pepper
2 cups milk

Cut up chicken as for stewing. Salt and pepper each piece, roll in flour and fry brown. Place in casserole with one strip of green pepper on each piece. Add the 2 cups milk. Bake, covered, in oven until chicken is tender. About 1 hour.

Mrs. S. M. Austin
Kolambugan

MOUSACA

6 young, medium size eggplant
2 cups ground meat
1 large onion, finely chopped
2 cups canned tomatoes
Salt and pepper to taste

Prepare eggplant by cutting off stems with about 1 inch of top and a bit of the bottom. Slice the long way of eggplant, leaving the skin on but not using the 2 outside slices. Soak in cold water 2 hours, changing the water 3 times during soaking. Put weight on eggplant to hold them under water. Drain, roll in flour and fry brown on fast fire. Drain on paper. Fry the onion brown in a little shortening, add meat and cook until dry. Remove from fire and add tomatoes and seasonings. Cover bottom of baking dish with layer of eggplant; cover this with a layer of meat mixture. Repeat until dish is full, having a layer of meat on top. Bake, without cover, in a medium oven for 45 minutes.

Mrs. S. M. Austin
Kolambugan

SARMADES

- 8 large cabbage leaves
- 3 cups fresh ground meat, half beef and half pork
- 1 small onion, ground with meat
- 3 tablespoons uncooked rice, washed
- 2 teaspoons parsley, chopped
- Salt and pepper to taste

Prepare cabbage by washing and cutting off the thick part of each leaf. Boil the whole leaves for ten minutes. Drain. Mix meat, onion, parsley and seasonings together. Take one heaping tablespoon of the meat mixture and place on thick part of each leaf. Roll up tightly. When all are finished, place in saucepan. Put small plate on top to act as weight. Add two cups of boiling water and cook on slow fire about one hour. Serve with egg sauce made as follows: Beat two eggs until thick; add the juice from one-half lemon with the liquid from the cabbage rolls, beating continuously. Pour over rolls and serve immediately.

Mrs. S. M. Austin,
Kolambugan

HAWAIIAN DISH

CHICKEN HAWAIIAN

- 4 Coconuts saw off tops and keep for covers.
- 2 Ears corn uncooked
- 1 Spring chicken—shred raw meat.
- 4 slices bacon cut fine and fry not too brown.
- 1 Shredded green pepper and onions to taste.
- 6 small tomatoes, clove of garlic, salt and pepper.
- ¼ cup celery — shredded
- 1 can mushrooms.

HAWAIIAN DISH

Use the chicken bones, stew for stock, strain. Cut the bacon into small pieces and fry lightly. Then brown the onions and garlic, add tomatoes, peppers, celery, mushrooms and enough of the chicken broth to cook the mixture, which is fairly thick when ready. Put in the seasoning and about 1/3 of the coconut meat which has been hollowed out of the shells. Put 2 tablespoons in the mixture. Shred the chicken, cut the corn off the cob and mix with the above sauce. Put into the coconuts and set the nuts in a shallow pan with a little hot water and bake about one hour basting every 10 minutes. Loosen lids and serve with fork and spoon. You can serve rice (in a rice bucket) with this dish.

Mrs. F. W. Varney,
Surigao

INDIAN DISHES

CHICKEN CURRY

1 large chicken cut into small pieces
3 onions sliced
½ pound string beans
9 cups coconut milk
4 tablespoons curry powder

Heat onions in a pot with a little butter. Stir continuously so as not to let the onions brown. Add curry powder and mix well. Put several fatty pieces of chicken into the pot and stir until fat melts. Add rest of chicken, little water and cover pot and stew for an hour. String the beans and add to the chicken. Grate meat of three coconuts, put in cheese cloth bag and pour over 9 cups of water. Squeeze water through, and the resulting milky liquid (coconut milk) add to the chicken half hour before serving. Stir well. Add salt to suit taste.

Fred Lambert,
Del Monte Plantation

CHICKEN PILLAU

1 chicken
¼ cup of any fat
1 cup rice
2 green mangoes sliced
4 or 5 onions sliced
2 doz. stoned raisins
1 doz. almonds coarsely shredded
3 hard boiled eggs
White stock, salt and cloves

Truss the chicken as for boiling, fry it in fat until the whole surface is lightly browned, then add the mangoes and onions. Fry gently for 10-15 minutes longer. Almost cover with stock or water, add 6 cloves and salt to taste. Simmer gently for ¾ of an hour, then transfer to a baking vessel and toast gently for nearly an hour. Meanwhile boil the rice in the stock until tender, then strain and reduce the stock by rapid boiling. Place the rice in a small pan, add 1 tablespoon butter, the raisins and almonds and make thoroughly hot. Serve the rice round the chicken, garnish with sections of egg and serve some of the sauce separately.

Jenny Anderson

CURRIED CHICKEN

Slice two large onions and cut up about eight tablespoonfuls of vegetables and fruit till quite fine (almost any or all kinds will do: turnip, carrot, cauliflower, tomato, apple, banana, chayote, mango, avocado). Sprinkle well with flour and one tablespoon of curry powder, and fry together in just enough lard or butter to keep from burning, till very brown. Then add about three pounds of chicken cut in convenient pieces and sprinkled with flour. Shake in one tablespoon of curry powder. Let all of it fry together for a couple of minutes, turning it over frequently, and then add about a quart of stock or water. Let it simmer gently, not boil, for an hour, covered, adding more water if the gravy gets too thick.

It should be eaten with rice, boiled very dry, and as many of the classic accompaniments as you choose (different chutneys, ground-up peanuts, fresh grated coconuts, Bombay duck, preserved ginger, poppadums, etc.) Note that boiled sliced beetroot tastes very good with curry. Shrimps, lamb, hard-boiled eggs, and fish can be curried by this same recipe.

Mrs. Guy Walford

TUNA CURRY

5 tomatoes
2 onions
1 pound Panit (fresh native tuna fish)
1 coconut
2 tablespoons curry powder

Fry 1 inch pieces of seasoned panit till brown; set aside. Fry onions till yellow and then tomatoes until soft. Grate coconut meat on native grater and extract as much coconut cream as possible. Then add 1 cup of water and extract the remainder of the coconut milk. Tie 2 tablespoons curry powder in a small piece of muslin. Immerse in coconut milk and press until milk is chartreuse or light green color. Add onions, tomatoes and fish to curried milk and boil 1 to 1½ hours to reduce. Just before serving, add coconut cream and boil several minutes. Season with salt to taste. Serve with boiled rice.

Helen Welbon,
Butuan

CHICKEN A LA CASA TARA

In 2 tablespoons Spanish olive oil fry 1 large onion, chopped, 1 or 2 cloves garlic chopped, 1 green pepper chopped and 2 tablespoons chopped parsley. Cook until onion is light brown. Add 1 chicken cut in pieces as for frying and cook for 5 minutes. Add 1 cup of Chinese dried mushrooms which have been soaked previously in water for 20 minutes. Add 1 can whole Spanish tomatoes (canned unseasoned tomatoes), ½ can sweet red pepper (piemento) cut in small pieces, and 1 can tomato sauce. Boil mixture until chicken is tender. Serve with little grated cheese.

Jenny D. Anderson

ITALIAN SPAGHETTI

Spaghetti Paste

3 cups flour
4 eggs
1 teaspoon salt

Form a hollowed circle with the flour. Add the 4 eggs and salt to the hollow. Little by little mix until a semi-soft paste is formed. Manipulate well. Press with rolling pin until paste is rather fine. Let dry for 15 minutes. Cut into narrow strips.

Spaghetti Sauce

1 chicken
1/5 pound or 100 grams ham
4 tablespoons olive oil
¼ onion
1 can Spanish tomatoes (Princesa) - canned unseasoned tomatoes
2 teaspoons salsa di Pomidori (C.H.B.) tomato paste
¼ teaspoon salt
Dash of pepper

Fry the onions in the oil. When onions are brownish, add the ham and allow to fry for a short time. When fried, add the boiled chicken which has been chopped into small pieces. Allow to fry for approximately half an hour. Add Princesa tomatoes, cook 15 minutes. Add tomato paste (C.H.B.) and cook for another 15 minutes. Add salt and pepper.

To Cook Spaghetti

8 cups or 2 liters water
1 teaspoon salt

Bring water to a boil. Drop in spaghetti and cook 15 minutes. Serve sauce and grated cheese on top.

M. Squillantini

ITALIAN SPAGHETTI

1 large onion (chopped)
1 clove garlic (chopped)
1 wine glass olive oil.

Fry in olive oil until onion and garlic are brown.

Add:

1 can tomato sauce.
Small pieces of liver (chicken, 1 doz.)
Chopped parsley.
Cup dried mushrooms (soaked until soft.)
Salt and pepper to taste.
½ cup diced green peppers.
1 can tomato paste.
Bay leaf.

Simmer until thoroughly cooked. Pour over spaghetti and serve with grated parmesan cheese. Serves six.

Mrs. F. M. Spence

ITALIAN SPAGHETTI

2 packages Royal Spaghetti
¼ kilo ground pork
4 chopped onions
4 tins tomato sauce
2 cups mushrooms
Cheese, salt and pepper

Fry the onions until tender. Then add the meat and when fried, add tomato sauce and mushrooms, salt and pepper. Let it simmer for one hour. In a casserole with salt boil the spaghetti and mix with plenty of butter and cheese and the tomato sauce. Pour into a shallow pyrex dish and put cheese on top. Bake in oven for twenty minutes.

Mrs. Joseph Senn,
Davao

SPAGHETTI SAUCE

Cut in small pieces, one chicken. Roll in flour, brown well in hot olive oil or (Wesson oil) as fried chicken.

Take large pot, add one half cup oil, let heat, add the chicken and the following ingredients:

1 large can tomatoes
1 can chopped mushrooms
½ teaspoon red pepper
6 dried red peppers
Salt and pepper to taste
1 bunch garlic chopped fine
2 cans tomato hot sauce
1 can chopped pimentoes
4 dashes Tabasco
3 onions chopped fine

Let simmer for day, or more if possible.

Serve this sauce over well cooked spaghetti. With a tossed green salad the meal is complete as the sauce is too rich to include dessert. Fried chicken goes well if one cares for a meat.

Mrs. P. R. Holdsworth,
Surigao

JAPANESE DISH

SUKIYAKI

1 large tin bamboo sprouts
4 large white onions
2 large bunches green onions
2 tins Japanese mushrooms
1 head Chinese cabbage
1 head American cabbage
1 large tin Japanese vermicelli
1 whole tenderloin
2 stalks celery
¾ cup shoyo (soy) sauce
1 cup beef stock or water
3 tablespoons sugar
8-10 cups hot, cooked rice

Slice bamboo sprouts, mushrooms. Cut white onions, green onions with stalks, cabbage and celery into quite large pieces. Cut meat cross grain in paper-thin slices, save all fat to use for lard in heavy frying pan. Arrange separately in neat piles on large platter ready to cook on grill at the table. Cook over charcoal brazier. Fry onions slightly in hissing hot fat, then add meat and vegetables and sprinkle with sugar, water and shoyo sauce. Allow to cook very fast for about 15 minutes. Serve directly from pan on hot boiled rice in individual bowls, or break raw egg into each bowl and serve sukiyaki over it. The Japanese prepare about one third at a time. Yield 8 to 10 portions.

Charlotte Martin

JAVANESE DISH

RIJSTAFEL

The well known Rijstafel, although complicated, is much simpler than is generally imagined. It is really a mixture of many different foods eaten with boiled rice, which in turn is mixed with fresh chillies chopped very fine (⅛ teaspoon chillies to 2 cups boiled rice). Chillies may be served separately for Hot Palates.

The rice and chillies are the foundation and the various foods are subsequently served, such as: chicken, ham, eggs, fish, steak, mutton, beef, etc., cooked as desired, also all kinds of cooked vegetables. The accompaniments, viz: grated coconut, chutney, chopped nuts, etc. are added finally.

Alternatively, boil a handful of whole chillies and a handful of prawns in water to cover for a whole day, the result being a black and spicy liquid. Strain. When this sauce is used the rice should be served plain.

It should be understood, of course, that the ingredients are eaten out of one plate.

Jenny D. Anderson

MEXICAN DISHES

CHILI CON CARNE

- ¼ pound bacon
- 3 tablespoons chopped onions
- 1 small green pepper chopped
- 1 pound ground beef
- ¼ teaspoon pepper
- 1 teaspoon salt
- ¼ teaspoon chili powder
- 1 cup tomato paste
- 1 pint water
- 1 pound can kidney beans

Brown bacon, add onions, pepper and brown in fat. Add the meat and cook 5 minutes. Add tomato paste thinned with water, add beans. Cover, when steam escapes from vent turn switch to low. Cook about 1½ hours.

Mrs. E. L. Short

CHILI CON CARNE

1 onion sliced
1 clove garlic minced
1 tablespoon fat
2 cups canned tomatoes
1 pound hamburger
2 cups canned red kidney beans
1½-2 ½ teaspoons chili powder
1 teaspoon salt

Saute onion and garlic in fat until browned; add tomatoes, meat, beans, and seasonings; cover and simmer 40 minutes, adding water or tomato juice if mixture seems dry. Serve with rice.
(Serves six)

Mrs. John Heine

FRIJOLES CON CARNE
(*Cebu Style*)

2 cans size No. 2 Red Kidney beans
½ teaspoonful soda
4 onions (ordinary) sliced
2 cloves garlic
2 teaspoons salt or to suit
½ kilo lean pork
½ kilo lean stewing beef
1 can tomato sauce (small)
1 can water
½ teaspoon black pepper
¼ teaspoon sage
¼ teaspoon oregano leaves (fresh from market)
Chili powder to suit your taste,

Dice the fresh pork fine, put into frying pan with a teaspoon of shortening and brown nicely. Cut the beef into small cubes, add these to the pork, and brown lightly. To the above add the four sliced onions and the cloves of garlic minced, and continue to cook until the onions are tender but not brown. Add the two cans kidney beans, soda, tomato sauce, water, pepper, salt and other seasonings, and let cook or boil until the beans are heated thru. Taste to see if seasonings are right and add more salt if necessary. Water may be added if beans are too dry. Serves eight.

M. E. Cleland, Jr.

MEXICAN FRIJOLES. (Beans.)

4 cups Frijoles—dried kidney beans offer fair substitute.
1 green pepper
1 onion
garlic-about 2 cloves
4 or 5 slices bacon cut in small pieces.
1 large can tomatoes
½ cup Wesson oil
1 tablespoon chili powder

Soak beans till skin is checked or wrinkled. Cover with plenty of boiling water. Cook about 15 minutes. Pour off water and add fresh boiling water. Boil till beans are tender. In frying pan cook bacon, and with it, garlic. Remove garlic when black. Add chopped green pepper and onions and chili powder. Add mixture to water. Strain juice of tomatoes into mixture. Cook about two hours. One half hour before serving, add oil. Care should be taken during last half hour of cooking, as oil thickens the mixture and it will burn easily. With frijoles cooked as above, serve hot French bread, lettuce with French dressing, and red wine (vino tinto).

Mrs. Wislizenus.

MEXICAN CHOW (Tortillas)

1 large can Hominy, pulverized
3½ tablespoons Crisco or Purico
1 cup flour containing 2 tablespoons yellow cornmeal
½ teaspoon salt
1/3 cup hominy water

Mix hominy with sifted flour and salt mixture. Cut in fat as for pie crust, add hominy water to make a very stiff dough. Put into cakes and fry on top of stove.

(Gravy or Sauce)

- 1 clove garlic fried in 7 tablespoons Purico
- 6 tablespoons flour
- 2 tablespoons chili powder
- Salt

Add 4 cups water and cook as for any gravy.

Dip pancakes in the chili gravy. Put one on platter, sprinkle with grated cheese (Velveeta or substitute) chopped onions, and chopped olives. Add another pancake which has been dipped in the gravy, sprinkle with cheese, etc. Continue until three in a stack. Top with fried egg. The enchiladas are nice served on a bed of lettuce, pechay or Chinese cabbage.

Mrs. Hugh Wills
Davao

MEXICAN RICE

- 1 cup rice
- ½ can tomatoes (or 3 fresh chopped tomatoes)
- 2 cups cold beef or chicken stock
- 1 cup water
- Chopped parsley, garlic
- 1 chopped onion

Wash and drain rice, then fry until golden brown in deep fat. Drain off fat, put in earthen cooking dish and add onion. Cook 2 or 3 minutes being careful not to burn, and add chopped tomatoes, season with salt and pepper to taste and cook about three minutes; then add stock and water. Bring to a boil, then lower heat careful not to burn but stir as little as possible so as not to break grains of rice. When done it should be flaky and dry.

Mrs. Ernestina Harrison,
Surigao

MEXICAN STUFFED PEPPERS

6 Bell Peppers
½ pound ground pork
½ ground beef
1 handful raisins
12 Blanched Almonds
3 eggs
6 red tomatoes
1 big onion
½ teaspoon of sugar
½ pound lard or Crisco

Roast peppers evenly on top of stove and wrap while hot in damp cloth then peel off all the skin and remove seeds.

Fry pork and beef in as little as fat as possible with salt, pepper, sugar, chopped raisins, almonds and little tomatoes, also little onion, and garlic if you like it. Stuff peppers with this thru a small slit on the side of the pepper. Do not take the stems off.

After stuffing roll peppers in a little flour and dip in well beaten whites of eggs to which yolks and a little flour have been added. Fry immediately in deep fat until golden brown. Drain and cover with Spanish sauce made of fried sliced onion to which, when well done is added tomatoes and seasoned with salt and well cooked.

These should be served with mashed potatoes or rice and vegetables.

Mrs. Ernestina Harrison,
Surigao

TAMALE PIE

1 onion
1 cup Wesson oil
½ kilo round steak
1/6 kilo fresh pork
1 green pepper
1 large can tomatoes
1 can corn
1½ cups of corn meal
1 large can ripe olives
1 tablespoon of chili powder

Grind steak and pork together and season with salt. Put ½ cup of oil into each of two frying pans. Fry 1 clove of garlic in 1st pan; remove when black. Into 1st pan put onion and pepper, chopped, cook for a few minutes; add meat, and chili powder. Cook 15 minutes. Into 2nd pan put tomatoes, corn, and corn meal. Cook for 15 minutes. Put contents of both pans into container large enough to hold them, while they cook together 15 minutes. Pour out into flat oiled pan. Add olives; if mixture seems too thick, thin with brine from olives, or tomato juice. Cook in oven 45 minutes.

Mrs. Wislizenus.

TAMALE PIE

Fry 1 clove garlic in 1 tablespoon purico. Add 1 can Cosmos hot sauce and chili powder to taste. Dice ½ kilo beef and fry until brown, add to sauce. Add 1 can tamales chopped, 1 dozen ripe olives and 1 dozen raisins. Salt to taste.

Crust.

To 1 pint boiling water, add 1 teaspoon salt, 1 clove garlic, and 1 cup corn meal—stir in slowly. When cool enough to handle, spread on bottom and sides of casserole. Fill with meat and sauce, and place a cover of corn meal on top. Bake slowly for about one hour.

Mrs. M. E. Cleland. Jr.

GARABANZOS MEXICAN STYLE

Serving for 25 to 30

1 Kilo No. 1 Garabanzos
4 Kilo Onions
4 Tablespoons Garlic
2 Kilos Pork Chops
3 Medium size Chickens
12 Cans Cosmos Sauce
2 Tablespoons chili powder
15 Pieces Chorizo Seco
1 Can ripe Olives.

Soak garabanzos 12 hours with a ½ cup salt. Rinse with fresh water, start to boil with enough water to cover well, boil slowly. Cut pork chops and chicken in small pieces (boned is preferable) cut chorizos in ⅛" slices and boil with pork and chicken. Keep the garabanzos well covered with water. Use broth from the pork and chicken to replenish.

SAUCE

Fry garlic in pure leaf lard until brown, cut onions for frying, fry to a rich brown, add Cosmos sauce and let it come to a slow boil, add Chili powder. When garabanzos are done enough to mash easily, set to one side until pork and chicken are done. Mix all together. Pour sauce in last and let all come to a slow boil for twenty minutes, add olives last. Point No. 1, do not overcook garabanzos. If they become mushy it spoils their appearance. The object in cooking separate is to cook each to an exact degree of doneness before mixing. Point No. 2, do not fail to have plenty of juice as when dry the fine flavor is lost; in fact many say the juice or soup is the better part. Point No. 3, some garabanzos will cook soft in 2 hours and some need 5 to six.

Mr. M. E. Cleland, Sr.

RUSSIAN DISH

"BOEUF A LA STROGANOFF"

1 pound tenderloin

Cut in strips (thin) and fried with onion until brown.

10 small tomatoes

Chopped fine—added to the meat, together with a cup of boiling water.

1 can of Mushrooms

Added to the meat. Simmer on a slow fire for 30 minutes (covered).

Serve with fried potatoes (same size as meat). Half meat—half potatoes.

M. Von Sellheim

ARROZ A LA VALENCIANA

½ cup olive oil
1 chicken
2 cups Valencia or California rice
1 large onion
A few sections of Garlic
One can of tomatoes or tomato sauce
One small can of peas
One small can of sweet peppers
One cup of shrimps (peeled)
A handful of clams
One medium size can of artichoke hearts
1 dry sausage
Salt and pepper to taste.

For good results use an earthenware pot or a heavy iron pan. Dress and joint the chicken. Season with salt and pepper. Sauté until light brown; remove from pan. Sauté the bruised garlic, then the minced onions until clear and tender. Add the tomatoes which have been passed through a ricer. Cook for about ten minutes. Add the chicken and dry sausage and cook over a slow fire until the chicken is tender. Add soup stock or water if necessary. Add shrimps. Separately boil the clams with a little onion, salt and ½ tomato. When the shells open, remove from fire. Strain the broth and set aside. Twenty minutes before serving add the rice, sweet peppers cut in strips, the clam broth and enough water to steam (the proportion is 2 cups of water to 1 cup of rice.) Watch closely to prevent burning. Ten minutes before serving add peas, artichoke hearts and clams with their shells. Garnish with hard boiled eggs and strips of red pepper. Green peas may be used in lieu of canned peas. Serves 6. If a simpler dish is desired, omit the shrimps, artichokes and sausage.

Left over meat or fish or seafood may also be used in lieu of chicken. Serve in the pot in which it is cooked.

Mrs. Jesus P. Sanz.

ARROZ A LA VALENCIANA

1 onion
1 teaspoon chopped garlic
2 cups olive oil
Cubed ham and pork
1 chicken, cut into pieces
1 cup sweet red pepper
1 cup sugar peas
Shrimps, slices of fish
1 cup tomato sauce
1 cup hearts of artichoke
1 bay leaf
Lobsters with shell

Par boil crabs and cut in halves, including the shell. Season 4 slices of fish with salt and pepper. Roll in flour and fry.

Heat the two cups of olive oil with a piece of whole garlic. Then fry in this oil the chopped garlic. Add pork and ham, 2 whole chorizos, (sausages) and chicken. Add sliced onion, bayleaf, tomato sauce. Cover and cook until tender. Add shrimps and crabs, 3 cups of soaked rice, 2 cups of water or broth. Stir to prevent burning. Add salt and pepper to taste, also pimento, lobster and 2 more cups of boiling broth. When the rice is half done, add the red pepper, and the artichokes. Arrange on a plate.

M. Sales

CABBAGE WITH SAUSAGE

1 medium size head cabbage
2 onions
1 dry sausage (peeled and minced)
1 cup olive oil
Salt and pepper to taste

Quarter the onions and saute in oil. Add the cabbage cut in pieces and cook slowly. When almost done add salt and minced sausage. Cook ten minutes more.

Miss Teo Messa

CALLA LUNES

1 meat of raw chicken
1 can liver spread
Milk
Paste for wrapping mixture
Grated cheese
Salt and pepper
Thin white sauce

Place butter in pan. Add ground chicken, mix with little milk. Cook slowly for 20 minutes, add liver spread, season.

Roll paste very thin, cut into pieces 2 inches by 3 inches. Drop in boiling water 2 minutes. Remove from water, spread mixture on paste and roll round. Place in casserole, cover with thin white sauce. Sprinkle grated cheese and brown in oven 20 minutes.

Paste for calla lunes

1 Cup flour
¼ Teaspoon salt
¼ Cup cold water
1 Tablespoon melted shortening

Sift flour with salt, make into dough with cold water and shortening. Knead and roll out very thin.

Jenny D. Anderson

ESCUDELLA CATALANA

(A typical soup of Catalonia)

½ of a fat chicken
1 cup white beans—soaked the night before
1 cup of chick peas—soaked the night before
1 dry sausage
A piece of ham bone
1 small head of cabbage-about ½ kilo
¼ pound ground pork

¼ pound ground beef
¼ cup bread crumbs
3 or 4 sections of garlic
1 small bunch of parsley
2 eggs
1 cup of potato cut very fine
¾ cup rice
½ cup vermicelli

Soak the beans and peas overnight. Put three quarts of water in a large pan and bring to a boil; then add the chicken, beans, chick peas, sausage and ham bone. Grind the beef and the pork with the parsley and garlic. Add two egg yolks and bread crumbs and shape the mixture like a loaf. Dip it in the white of eggs. When the chicken is tender, add the meat loaf, potato and cabbage, cut fine. When the cabbage is almost done add the rice and vermicelli and cook until the rice is done. Serves 6.

Mrs. M. Planas

POTTAGE OF CHICK PEAS

½ kilo chick peas
1 dry sausage
A piece of ham
One blood sausage
Potatoes cut in cubes (at will)
2 hard-boiled eggs
3 tablespoons olive oil
2 cloves garlic
½ teaspoon flour
¼ teaspoon chili powder
1 teaspoon salt

Soak chick peas overnight. Early the next morning heat about a quart and a half of water; when water boils add chick peas, sausages, ham and one teaspoon salt. Cook over a slow fire until both peas and potatoes are done. Brown two cloves of garlic in olive oil; remove garlic, add the chili powder and flour. Add this to the chick peas. An hour before serving mince the sausages, ham and hard boiled eggs. If more water should be needed to cook the peas, add boiling water. Serves 6.

Mrs. E. L. Short

RICE WITH HAM

(Catalonian Style).

1 cup finely chopped ham	2 cups rice
2 large onions, minced	4 cups chicken broth
1½ cups tomato pureé	1 can green giant peas
2/3 cup butter	Salt and seasonings to taste

Sauté the minced onions with the butter, when slightly browned add ham and tomato pureé. When done, add well washed rice, and continue sautéing. When the rice has absorbed all liquid and is about to stick to the pan, add the chicken broth and stir. Cover and let boil rapidly. After a few minutes add the peas. When almost done place in a well buttered mold and bake for a few minutes in a moderate oven. When dry, remove from oven and serve at once. Serves six.

Mrs. M. Planas

STUFFED PEPPERS

6 medium-sized peppers	1 teaspoon pepper
3 cups ground cooked meat	1 cup canned tomatoes
1 teaspoon salt (unless ham is used)	½ cup cracker crumbs
	2 eggs, beaten
	1 small onion, cut fine

Combine all ingredients and stuff peppers. Put ½ cup water in cooker, place peppers on the trivet. Turn switch to high. Cook 1 hour.

Mrs. E.L. Short

STUFFED SQUASH

1 medium sized, red squash.
½ cup ground beef
½ cup ground pork
1 cup ground ham
2 cups grated American cheese
1 cup ground crackers
Salt and pepper to taste
3 tablespoons butter or margarine
½ cup tomato ketchup
1¼ cups tomato sauce

Wash squash, and hollow out center. Brush with butter. Mix remaining ingredients except ¼ cup of tomato sauce, and stuff hollowed out center. Place in greased baking dish, pour remaining tomato sauce over; cover, and bake until squash is tender about 1½ hours. Baste frequently with a little stock.

Consuelo C. Noel,
Carcar

TONGUE

4 tongues
4 cups potatoes
Mushrooms
2 big onions
1 camel leaf,
Salt to taste
1 can tomato
½ cup pork fat or butter.

Clean and scald the tongues. Remove the white covering. Cook with enough water, fat and salt for ½ hour. Then cool, and add the tomatoes, mushrooms, potatoes, onions and set again to boil until the meat is done. Serve hot.

M. Sales

VALENCIANA

- 2 green peppers
- 1 cup olive oil
- 1 clove garlic
- 1 onion (chopped fine)
- 4 cups water
- 1½ cups washed rice
- 1 medium size can peas
- ½ cup tomato (natural)
- 1 medium sized jointed chicken
- 1 Spanish chorizo sausage (sliced)
- 1 slice of diced ham
- 3 red pimentos
- Shrimps and crabs if desired

Cut, seed and fry the green peppers in the olive oil. Remove from pan and keep warm. Fry crushed garlic and minced onion, and when golden brown add the tomatoes. Add the jointed chicken and allow it to cook for ten minutes with the garlic, onion and tomato before adding four cups of boiling water. Cook gently until the chicken is tender. One half hour before serving, fry the sliced Spanish chorizo and the diced ham together with washed rice and the pimentos. Pour off the broth from the chicken and add this to the rice. Stir well and allow to boil for about ten minutes, then remove to a slow fire until the rice is thoroughly cooked. When the rice is cooked, add the green peppers, chicken, canned peas, and you may add shrimps or crab meat if desired.

Mrs. Luis Rotoeche

Davao

HASENPFEFFER

(Hare with sour gravy)

Cut meat in 2½ inch squares and wash. Cook in soup stock or water with ½ cup vinegar, 2 bay leaves, salt and pepper, 1 sliced onion, little parsley, and few cloves, until meat is almost done. Put meat aside, strain stock. Fry brown one finely chopped onion in 1½ tablespoons of butter, add 1 heaping tablespoon of flour and blend well. Add strained meat stock, 1 cup red wine and 1 lump sugar and cook until gravy thickens. Add meat and cook together until meat is tender.

Anna Gasser

LIVER DUMPLINGS

2 stale pan de sal (small hard rolls)
Milk
½ kilo liver
2 tablespoons chopped beef fat
1 tablespoon chopped bacon
2 tablespoons chopped onions
1 tablespoon chopped parsley
1 tablespoon butter
3 eggs
1¼ cup flour

Soak rolls in milk. Put liver through food chopper. Fry fat and bacon a little, add liver and cook stirring. Fry onions and parsley in butter. Add soaked bread to butter mixture and cook a little. Add liver mixture, stir well together. Let cool. Add eggs, salt and pepper, mace or ground cloves to taste, and the flour. Mix well together. Drop by tablespoons into boiling salted water and cook for 15 minutes. Serve with meat gravy or with butter in which chopped onion has been fried.

Anna Gasser

Meats and Poultry

MEATS AND POULTRY

SELECTION OF BEEF

Beef should be firm and of fine-grained texture, bright red in colour, and well marbled and coated with fat. The fat should be firm and creamy white in colour, the whiter the better. Suet should be dry and crumble easily.

Tender and less tender cuts have practically the same food value. Heat, moisture, and slow cooking help to break down the stronger fibers of the less tender cuts.

CUTS OF BEEF AND THEIR USES.

Steaks	*Roasts*	*Steaks*	*Roasts and Pot Roasts*	*Stews*
Sirloin	Rib	Shoulder	Chuck Ribs	Neck
Porterhouse	Loin	Chuck	Rump	Shoulder
Tenderloin		Flank	Cross arm	Skirt
Club		Round	Clod	Shank
Rib (short cut)		Rump	Round	Brisket
				Plate
				Flank
				Heel of round

BEEF A LA MODE

1½ kilo beef
1 large can of tomato puree
½ cup sherry wine
2 radishes
1 small can ripe olives
2 tablespoons Worcestershire sauce
2 onions
1 pig's foot with a little skin
1 bay leaf
2 carrots
2 potatoes
1 bottle green olives
½ pound butter
Salt and pepper to taste

Cut the beef in pieces the size desired, or leave whole. Brown the beef in butter, then add the pig's foot, the skin, onions, sherry wine, bay leaf, tomato puree, carrots, radishes, salt and pepper. Cook slowly.

On a platter place pieces of toast to form a mound, surround it with the skin from the pig's foot. Place the meat, carrots, potatoes, radishes, olives, on top. Before serving pour on a little sherry and light it.

Mrs. Rosario Gonzalez.

BEEF OLIVES

Slice beef very thin 5 x 2 inches, pound it until meat is quite soft. Grind some pieces of beef, add a few breadcrumbs, browned chopped onion, salt and pepper. Moisten with a little water and milk. Mix well. Place one tablespoon of breadcrumb mixture onto each slice of meat, roll, and insert two toothpicks to each. Dip in flour, and fry in hot fat till brown on all sides. Place in a stewing pan with a little water and tomato sauce or ketchup, add chopped onion and carrots and cook until done.

Edilberto Calinog

BEEFSTEAK AND KIDNEY PUDDING

Suet Pastry

2 cups or ½ lb. flour
2 teaspoons baking powder
¾ cups or 3 oz. Shredded suet
¼ teaspoon salt
About ½ cup cold water.

Sift flour and salt into a basin, add suet, mix well and add enough water to form a firm dough. Turn on to floured pastry board, and roll to about ½" thick.

1 lb. Beefsteak
1 or 2 kidneys
A little stock and seasoning

Line a well greased pudding basin with the suet pastry, fill with steak and kidney, cut in small pieces, add a little stock. Cover with more pastry, and tie over greaseproof paper, and steam 4 or 5 hours. To serve, keep pudding in the basin, and pin a dinner napkin round.

Mrs. R. Connor

BEEF STEAK AND KIDNEY PIE

2 pounds rump steak
2 sheeps' kidneys, Seasoning to taste, of salt, cayenne and black pepper
Crust
Water
Yolk of an egg

Have steak and kidney cut into pieces about 3" long and 2" wide, allow a small piece of fat to each piece of lean, and arrange the meat and kidney in layers in a pie dish. Between each layer, sprinkle a seasoning of salt, pepper, and when liked a few grains of cayenne. Fill the dish sufficiently with meat to support the crust, and to give a nice raised appearance, when baked.

Pour on sufficient water to half fill the dish, cover it with a tin, and bake for 3/4 of an hour.

Take out of oven, and when cold, put on crust, first putting a rim of paste round the edge, brush it over with beaten yolk of an egg, make a hole in the top of crust, and bake in a hot oven for about an hour and a half.

If sheeps' kidneys cannot be had, some ox kidney cut up small is almost as good, and forms an excellent gravy.

I. D. M.

Rough Puff Pastry for Pie

3 cups flour
Salt
4 tablespoons-butter
1½ teaspoon baking powder
Juice of 1/2 a lemon and water to mix as dry as possible.

Cut flour, salt, baking powder into butter, add lemon juice and water to hold dough together. Roll out 3 times, keeping ends closed, lay aside for a few hours in ice box. Roll out once more, roll always one way, away from you.

I. D. M.

BRUNSWICH STEW

One 2 kilo fowl (or two smaller ones)
Fat or oil
3 cups tomatoes (2½ tin)
2 onions peeled and sliced
2½ cups whole Kernel corn (No. 2 tin)
1 cup chopped cooked ham
2½ cups green lima beans
1½ cups hot water
3 tablespoons flour
5 tablespoons milk
Salt and pepper

Cut chicken for frying, roll each piece in flour and brown in fat in a heavy skillet or dutch oven. Add water, tomatoes, onions, and a little garlic if desired. Cover and cook until tender.

Remove chicken, cool and cut from bones. Return to pan, and add ham, corn and beans. Simmer ½ hour.

Mix the flour and milk and add to stew while stirring. Serve with rice and green salad.

Serves 8 to 10.

Mrs. Grace Rigby

CHILI HAMBURGERS

1 pound round steak
1 cup soft bread-crumbs
½ teaspoon chili powder
½ teaspoon salt
¼ cup catsup
1 onion chopped
A little garlic if desired
Softened shortening

Combine all ingredients except the shortening. Form into patties. Spread both sides with shortening. Cover; chill until needed. Sauté until brown, make gravy with fat in pan. Serve with rice. Serves 4.

Mrs. John Heine

HUNGARIAN VEAL

¼ cup flour
1½ teaspoon salt
⅛ teaspoon pepper
½ cup butter
¾ tablespoon paprika
1 small white onion
½ cup hot water
1 cup light cream
1 packet egg noodles
½ cup almonds, blanched
1 tablespoon poppy seeds (optional)

Rub salt, flour and pepper into veal. Melt 1/4 cup butter in skillet, add veal and cook until brown. Add paprika, sliced onion and hot water. Cover and simmer 30 minutes or until meat is tender. Add cream, and allow to bubble up. Cook noodles in boiling salted water until tender. Drain. Melt 1/4 cup butter, add almonds and poppy seeds and heat thoroughly. Pour over noodles. Arrange noodles around the veal on a platter and serve.

Mrs. E.P.J. Fee

FRANKFURTER-RICE CASSEROLE

3/4 cup uncooked white rice
1½ cups sliced peeled onions
3 tablespoons fat
No. 2½ can tomatoes (3½ cups)
1½ teaspoon salt
9 frankfurters
4 tablespoons sliced green pepper
3 whole cloves
1 bay Leaf
1 tablespoon granulated sugar

Cook rice until tender; drain. Meanwhile cook onions in fat until tender, add the remaining ingredients except the frankfurters, and simmer 15 minutes. Remove bay leaf and cloves and add the rice.

Arrange 1/3 of the mixture in a greased casserole, and cover with 3 frankfurters. Repeat until all the ingredients are used, having frankfurters on top.

Bake for 1 hour at 325°. Uncover for last 15 minutes of baking. Serves 6.

Mrs. John Heine.

MEAT BALLS

Season twice ground hamburger with salt and pepper, and shape into balls the size of a walnut. Fry one chopped onion and one minced clove of garlic in olive oil until soft but not brown. Add ½ of a large bottle of tomato catsup and the meat balls. Cover and cook slowly for about 20 minutes.

John Heine

MEAT BALLS

Use 1/2 beef and 1/2 pork, 1 pound of each. Pass through meat grinder and combine together with one small onion chopped fine, 1 clove garlic crushed, pepper, salt, egg, and white bread-crumbs which have been soaked in water for a few minutes (press water out before mixing with the meat). Use enough soaked breadcrumbs and dry powdered breadcrumbs to shape the meat into meat balls.

Boil about 2 cups of water to which an onion cut into 4 pieces and 1 or 2 laurel leaves (bay leaves) have been added, for about 1/2 hour.

Put in the meat balls and cook for another 1/2 hour.

Serve with Hollandaise Sauce as follows:—

Heat a little butter, add a spoonful of flour and stir. Do not let the flour get brown. Remove meat balls from boiling water, and pour the boiling water through a sieve into the butter and flour. Season with salt and pepper and a little lemon juice. Beat 2 egg yolks together with a little cold water and add to sauce. Stir vigorously. Add the meat balls to the sauce, cover until ready to serve.

Mrs. E. L. Short.

MEAT LOAF

1 pound each of veal, pork and beef ground together. Chicken may be used in place of the veal.
½ cup breadcrumbs, and fill the cup with evaporated milk
1 can tomato sauce
Salt and pepper
1 medium sized onion, chopped fine
2 beaten eggs

Mix all the ingredients together and form into a loaf. Add a small amount of water and bake 2 hours in oven, basting occasionally.

Mrs. S.P. Briggs,
Kolambugan

MOM SANDS' BEEF LOAF

½ kilo ground beef
2 medium sized onions chopped
Salt and Pepper
2 eggs beaten
1 cup cracker crumbs

Mix the above ingredients with milk. (Put as much milk in the mixture as you can, and still form a loaf). Place bacon strips on top and bake in oven at 400°F. for 1 hour.

Mrs. M. P. Sands

PINEAPPLE MEAT LOAVES

2½ cups pork
1 cup corned beef
½ cup ham
2 tablespoons chopped onion
¼ cup chopped pimento
5 tablespoons butter or margerine
1/3 cup catsup
1 tablespoon Worcestershire sauce
½ cup breadcrumbs
4 beaten egg yolks
Salt and pepper to taste

Thoroughly combine all ingredients, form in loaves, and roll in flour. Into the top of each press 1/2 slice of canned pineapple, using toothpicks to hold in place. Bake at 450°, a hot oven, for about 20 minutes. Just before serving allow to brown under broiler.

Rita J. Noel,
Carcar

RECHAUFEE

2 cups cold cooked meat
2 cups boiled rice
Butter or other fat
Grated cheese
Salt and pepper
Milk or soup stock

Any pieces of left-over meat may be used for this dish. Cut the meat in small pieces and moisten with a little milk or stock. Spread a layer of rice in a greased baking dish, put several small pieces of fat on top and sprinkle with grated cheese. Season with salt and pepper. Then add a layer of chopped meat, and again several small pieces of fat, and a little grated cheese. Spread the rest of the rice on the meat, then put fat and grated cheese over it more abundantly than before. Bake in a moderate oven (350-400ºF.) for 15 to 20 minutes. Serve very hot. One can improve this dish by mixing some good tomato or cream sauce with the meat.

Mrs. R.W. Gorler,
Surigao

RICE WITH MEAT

Meat—3 oz. per person

Cut the meat in pieces and fry till brown. Saute one piece of onion and 1 clove of garlic in same pan. Add one tomato peeled and chopped. Season with salt, pepper and chili powder (1 pinch). Add water and cook slowly. Make a bouquet of the following: 1 bay leaf, thyme, 2 or 3 sprigs of parsley and one stick of cinnamon. Tie this together with a string. Add this bouquet to the meat. When the meat is tender, add the rice and enough water or stock to steam it. When the rice is cooked, remove from fire, let stand five minutes and serve.

Mrs. Generosa T. Jakosalem

ROLLED MEAT.

Use round steak, pound, and put pepper and salt on one side. Cut onions into thin slices, also bacon and sour pickles, put same in the sliced meat, roll, and tie with string. Heat butter or lard in a pot and cook the rolled meat in it. As soon as meat is brown, add boiling water from time to time. Make a sauce by adding a little flour and cornstarch diluted in water, and mix well.

Mrs. E. L. Short.

SHORT RIBS OF BEEF IN CASSEROLE.

3 pounds short ribs
6 small onions, chopped
1 carrot
4 tablespoons fat
½ hot pepper if desired
¼ teaspoon pepper
1½ teaspoon salt
1 teaspoon sugar
2 cups canned tomatoes
½ cup rice.

Melt fat in frying pan, add onions and beef, and brown well. Place in casserole. Mix tomatoes, rice, sliced carrot and sugar, and pour over beef. Add enough hot water to cover all ingredients. Cover, and cook in slow oven (300° F.) for three hours.

Mrs. M. P. Sands

STEAMED MEAT LOAF

¾ pound round steak
1 teacup breadcrumbs
2 eggs
1 bouillon cube dissolved in ½ cup hot water, salt and pepper

Mix all ingredients into a soft paste, press into a bowl, cover with waxed paper and put in pot of boiling water and steam for 2 hours. Turn out and serve either hot or cold with brown gravy or white sauce.

To improve the appearance, when turned out it may be brushed with egg and covered with breadcrumbs.

Marie Dargie
per Mrs. Brown.

SIRLOIN A LA CHATEAUBRIAND

Cut meat into round pieces about 1 inch thick; season to taste. Prepare the sauce, and when ready to serve, fry the meat in butter, and place each on pieces of toast arranged on a platter.

The Sauce

Chop one onion very fine, and fry in 1 tablespoon of butter and 1 tablespoon of olive oil. When browned add 2 tablespoons of flour and 2 tablespoons of white wine (Vino Blanco), and some broth. Boil for about 15 minutes, stirring constantly, until the mixture thickens.

Strain into a saucepan, add small pieces of ham, green peas, and mushrooms, and boil for about 10 minutes.

Pour over the meat and serve.

Mrs. Lolita S. de Aboitiz

SMOKED TONGUE SCARLATE

Boil tongue until soft and tender. If fresh ox tongue is used, soak it in cold water overnight. Trim off any superflous fat. Place in cold water, bring to boiling point, discard the water, add fresh water and boil again. Simmer, allowing about ½ hour for each pound. Beginning at the root or thick end, remove the tough skin, which will come off easily. Place tongue on board, and fasten the tip down with a tack so it may not curl up. The choicest part lies from the root to the middle, and should be cut in thin slices.

Perfect accompaniment is chopped American celery mixed with thick mayonnaise, seasoned with a dash of tobasco sauce, salt, pepper, and garnished with halves of hard boiled eggs.

Mrs. E. L. Marshall

TRIPE AND ONIONS

Boil tripe 10 or 15 minutes. Clean tripe thoroughly, scraping the outer part with a knife. Cut into 1 or 1 1/2 inch squares. Put in top of double boiler, add boiling water just to cover. Add salt and pepper. Simmer 5 or more hours or until tripe is tender. Make a white sauce by blending 1 tablespoon flour in one tablespoon melted butter in sauce pan. Add 1 cup milk, stir slowly until thick. Add 1 teaspoon salt and 1/8 teaspoon pepper and 1 teaspoon Perrins sauce to taste. Boil 6 whole onions in water and when tender add to white sauce. Remove tripe from stock and add to white sauce. Boil gently for twenty minutes.

Mr. A. C. Beck
Mr. George Wood

TOAD IN THE HOLE

(Sausage pie)

6 tablespoons flour
2 tablespoons butter
1 cup milk
4 sausages
1 egg
Pinch salt

Make batter of the flour, salt, milk and egg. Beat thoroughly and stand 1 hour in refrigerator. Melt butter in pyrex dish, cut up the sausage and place in pyrex and pour the batter over. Bake 35 minutes in oven (325° F.) Tomatoes may be added.

Mrs. G. C. Brown

VIENNA STEAK

1 kilo tenderloin
2 large onions
4 tablespoons flour
½ cup water
3 tablespoons Japanese soy
3 tablespoons butter
¼ teaspoon pepper

Cut tenderloin cross wise into 8 thick slices. Lay upright on a board and flatten with a meat hammer. Dust with white pepper and soak in the mixture of water and Japanese soy for ten minutes. Drain and cover both sides with flour. Brown in hot butter, cook until well done. Remove from pan. Peel and slice onion, brown in the same saucepan and finish cooking more slowly. Pour over steak when ready to serve.

Mushrooms may be used in place of onions following the same procedure.

Mrs. M. Osmeña

YORKSHIRE PUDDING

¼ pound or 1 cup flour
½ pint or 1 cup milk
2 eggs
1 teaspoon baking powder
⅛ teaspoon salt

Sift flour and salt into a basin, break the eggs into the centre and add half the milk. Stir to a smooth paste, and beat well. Add the rest of the milk by degrees, and allow the batter to stand at least an hour before cooking.

Melt 2 or 3 tablespoons of fat in a pan until very hot, pour the batter in at once, and cook in hot oven for 40 minutes.

Serve at once, with roast beef.

Mrs. R. Connor

LAMB AND MUTTON

To select lamb: Flesh is pinkish, deepening in color in older animals. Lean is firm and fine grained. Fat is white, hard, and flaky. In chops, the bone at joint has a definite red color. In leg of lamb, the bone is serrated or ridged. Bones are moist.

LAMB AND MUTTON CUTS AND THEIR USES

Roasts

Leg
Loin (roast saddle)
Rack (crown roast)
Shoulder or chuck
Breast (including flank) boned and stuffed

Chops

Loin or kidney, a bit of the tenderloin is attached
Shoulder or chuck
Rack or rib (for French chops); smaller, tenderer than loin chops

Stews and Pot Roasts

Shoulder or Chuck

Breast

Flank

BARBECUED LAMB

12 thin slices cold roast lamb
2 tablespoons butter
1 tablespoon vinegar
¼ cup Current Jelly
¼ teaspoon prepared mustard
Salt

Reheat lamb in sauce made by melting butter and adding vinegar, mustard and salt to taste. This might be accompanied with potatoes in jackets, green beans, or any au gratin vegetable.

J.D.A.

LAMB PATTIES WITH SPAGHETTI

6 boned lamb chops wrapped with bacon
Salt and pepper
1 teaspoon worcestershire
1 can cooked Spaghetti in Tomato sauce

Broil lamb chops or brown them in frying pan. Add seasoning. Heat the spaghetti and arrange chops and mounds of spaghetti alternately on a large platter. Garnish with parsley.

Jenny D. Anderson

ENGLISH MUTTON CHOPS

6 mutton chops
1 teaspoon salt
½ teaspoon pepper
4 tablespoons olive oil
1 tablespoon butter
2 tablespoons flour
1 cup milk
1 teaspoon worchestershire sauce
1 cup soft bread crumbs
¼ cup grated cheese

Mix salt, pepper and olive oil. Cover chops with this mixture, broil on one side for 4 minutes. Cool and spread uncooked side with white sauce made from butter, flour, milk and Worchestershire sauce. Sprinkle with bread crumb mixed wtih grated cheese. Place in oven in pyrex dish and bake 20 minutes in a moderate oven.

J.D.A.

LAMB ROAST SUPREME

4½-5 pounds lamb (shoulder)	3 large green peppers
2 teaspoons salt	2 cups cooked rice
½ teaspoon pepper	½ cup chopped celery
3 tablespoons flour	4 tablespoons chili sauce

Rub surface of roast with salt, pepper and flour. Sear roast in hot oven then reduce to moderate oven (450° F.). Bake for 2 hours. Cut peppers in two lengthwise, remove both seeds and fiber and fill with combined rice, celery and chili sauce. Place around the roast, and bake until the peppers are tender (about forty minutes). Baste frequently. Serve with mint sauce.

Jenny D. Anderson

PORK

Pork is the flesh and fat of pig or hog. Pork should be fine grained and firm. Lean from a young animal is nearly white, from an older animal rose colour. Fat is white and less firm than beef. Select meat with least amount of visible fat, since there is plenty throughout the "lean."

PORK CUTS AND THEIR USES

Feet—stews, boiling, frying, pickled

Hams—fresh—steaks, roasts

—Smoked—baking, "boiling", broiling (in slices)

Fat back (salt pork)—fried, and as flavouring with other foods

Bacon—broiled, pan-broiled, baked

Loin—roasts, chops

Shoulder—Fresh—roasted

Smoked—like smoked ham

Spareribs—baked, boiled

Tenderloin—broiled, pan-broiled, baked, braised.

CASSEROLE OF PORK CHOPS AND NOODLES

2 cups egg noodles
4 to 6 pork chops
½ teaspoon salt
1 small onion
1/3 cup tomato ketchup
1¼ cups water
Bread crumbs

Cook noodles in boiling salted water 8 minutes. Drain. Fry chops until nearly done, and salt slightly. Mince onions, combine with noodles, ketchup and water. Place chops in casserole, cover with noodle mixture and sprinkle with buttered crumbs. Bake at 350° F. for 30 to 40 minutes.

Mabel S. Reed

CASSEROLE OF SPARE RIB PORK AND CREAM OF WHEAT

1 cup cream of wheat
4 to 6 spare ribs
1 teaspoon salt
½ teaspoon black pepper
1 small onion
2 cups water

Boil the water, salt to taste. When boiling, pour in the cream of wheat, and after about 15 minutes remove from fire.

Sprinkle spare ribs with salt and pepper, mince onion. Arrange spare ribs at the sides of a casserole, pour in layers of cream of wheat and minced onions. Bake at 400° F. for 1½ hours.

Mabel S. Reed

HAM LOAF

1 pound smoked ham
1 pound lean beef
1 pound lean fresh pork
1 cup bread crumbs
2 eggs
2 cups tomato juice
Dash of pepper

mon, garlic, sugar, and 1 cup of vinegar. Boil for 2 hours, or until ham is tender. Remove skin. Make a paste with 1 cup brown sugar and 3 teaspoons mustard and pat it on the ham. Place in a pan with ¼ cup vinegar and ¾ cup water, and bake for 1 hour, basting only after the ham is brown.

Sauce:—

1 teaspoon mustard.
¼ teaspoon powdered cloves
¼ teaspoon cinnamon
2 tablespoons vinegar
1 small jar apple jelly

Place all the ingredients in a saucepan and cook over a slow fire till the jelly melts. Pour over sliced ham while it is still hot.

Mrs. E. Taylor

SAUSAGES

2½ kilos pork
½ kilo pork fat
¾ cup or 200 grams soy sauce
¼ cup plus or 75 grams brandy
1/3 cup or 100 grams sugar
2 tablespoons or 50 grams salt
A little saltpetre
Any length of dry intestines of cattle; can be bought in the market.

Mince pork and fat. Add the rest of the ingredients. Put the mixture in the intestines. Keep for a few days before using.

Mrs. E. Osmeña

COUNTRY SAUSAGE

2 kilo Lean Pork
1 kilo Chine fat (from the back)

Cut in small pieces suitable for grinding. Spread over meat 2 tablespoons salt, one teaspoon black pepper, 1 tablespoon Bell seasoning, if not available use 1 tablespoon ground sage, one teaspoon summer savory; meat must be throughly chilled. Double grind and place in cooler 24 hours before using. Cooking—shape by hand into cakes not too thick, cook over slow fire until done through, then over quick fire for browning. DO NOT COOK HARD.

M. E. Cleland, Sr.

BAKED APPLES

Peel and core apples, select nice smooth ones. Place in a granite pan, about ½ inch apart, so they do not touch. Pour water around until it rises 1/3 up on the apples.

To 10 medium sized apples use 3 cups white sugar, pour over the apples, place on stove and boil. With a fork gently turn over the apples in the syrup, and cook until apples are clear and unbroken. Serve with meat, especially pork roast.

Pansy L. McAdam

TO SELECT POULTRY

Chicken have soft feet, smooth skin, and soft cartilage at the end of breastbone. A four-pound chicken serves six to eight. Filipino chickens are generally much smaller than this.

Capons are considered a little choicer than ordinary chickens. They have rounded, well-fleshed bodies and pale combs.

Broilers or spring chicken or squab chickens are young, tender birds. Allow one-half small broiler to a person.

Duck should be soft and white. A duckling is a young duck but may weigh as much as six pounds.

Goose should have a pliable, yellow bill and soft, fat, yellow feet.

Pigeons should be plump. Allow one pigeon to a person.

Squabs are young pigeons that have not been allowed to fly. Allow one squab to each person.

Turkey should be smooth and have soft and pliable cartilage at end of breastbone.

Venison. Deer should hang two weeks or longer, according to taste, before using. Fat should be white and firm.

BONELESS CHICKEN

- 1 large chicken
- 5 Vienna sausages
- ½ tablespoon butter
- 1 tablespoon flour
- 2 hard boiled eggs
- 1 fresh egg beaten
- ⅛ kilo ground pork
- 1 ripe tomato chopped
- ½ slice ham chopped
- 1 tablespoon parsley, chopped
- ½ onion, chopped
- ½ sweet red pepper, chopped
- Salt and pepper

Dress and clean chicken. Take the skin off bird carefully. Remove the flesh from the bones and cut into small pieces. Mix with the pork and grind two times. Mix in butter, flour, beaten egg, tomato, ham, parsley, onion, red pepper (Optional), and salt and pepper. Mix well.

Stuff this mixture into skin of the chicken. Place one sausage to each side of bird to form the legs. Put the rest of the sausages into the body of the bird and add the hard boiled egg. Sew up well from the back. Sprinkle with salt and pepper. Place in a roasting pan with little water and cover it. Roast in hot oven basting occasionally for 1 hour. Reduce heat to moderate and bake until chicken is cooked. Make gravy and serve with the chicken cut in thick slices. Serves 4.

Edilberto Calinog

CHICKEN CROQUETTES

- 1 large chicken
- 2 tablespoons butter
- 2 tablespoons flour
- 1 can milk
- 2 tablespoons salt
- Dash of pepper
- 1 tablespoon chopped parsley (Optional)
- 2 eggs.

Boil chicken, separate flesh and pass through grinder. Melt butter, add flour and milk slowly, stirring till smooth and creamy. Add salt and pepper. Boil few minutes, add the chicken; mix well and let cool. When cool enough to handle, shape into croquettes. Allow to cool completely or place in icebox. Roll in fine bread crumbs, then in eggs beaten with 2 tablespoons of milk, then in bread crumbs. Fry in deep fat.

Mrs. Jesus Sanz

CHICKEN—CHEESE PINWHEELS

4 or 5 pound chicken, cooked until tender
½ cup cooked ham cut in fine cubes
1½ cups mushroom, canned or fresh, diced and fried in butter
3 tablespoons green pepper, cut in thin strips
½ cup pimiento, cut in thin strips
1 tablespoon finely cut parsley
1/3 cup butter or margarine.
4 tablespoons flour
1½ cups chicken stock
1½ cups evaporated milk
3 tablespoons finely cut celery.
4 egg yolks
Salt and pepper to taste

After chicken is cooked, remove meat from bones and cut in cubes. Fry the celery and green pepper in the butter. Remove vegetables. Add flour to hot butter and stir until blended. Add slowly the stock mixed with the milk and slightly beaten egg yolks, and cook until thickened, stirring constantly. Add chicken, ham, celery, green pepper, pimiento, mushroom, and parsley. Season with the salt and pepper—Pour into greased baking dish and cover with biscuits. Bake till biscuits are done.

BISCUITS (CHEESE PINWHEELS)

1 cup grated cheese
1½ tablespoons pimiento
3 cups flour
6 teaspoons baking powder
¼ teaspoon salt
5 tablespoons butter or margarine
¾ cup milk
2 egg yolks

Sift flour, measure, add baking powder, add salt and sift again. Blend in shortening. Mix egg yolks with the milk. Add just enough milk mixture to flour mixture to make dough roll easily. Roll about ¼ inch thick on floured board, keeping the dough in a rectangular shape. Spread dough with grated cheese and pimiento and roll as for jelly roll, cut into ¾ inch slices. Put slices, cut side up, close together on pie mixture. Bake in hot oven (400°F.) for about 35 minutes or until done.

Consuelo Noel,
Carcar, Cebu

CHICKEN EL CAPITAN

Simmer 6 small peeled onions, 4 peeled shallots if available, a small clove of garlic, in 4 tablespoons of shortening.

When golden brown, lift ingredients out of the shortening and place in a casserole.

In the shortening sauté one 4 pound chicken cut in pieces. When well browned sprinkle 2 tablespoons of flour over the fowl and shake well. Place in the casserole. Add 3 or 4 small carrots cut lengthwise, a shredded red and green pepper, a tablespoon minced parsley, ½ teaspoon curry powder, a pinch of thyme, 8 peppercorns, and salt to taste.

Pour over the chicken 1 cup of red wine (tinto) and 1 cup of hot water. Top with 3 medium sized ripe tomatoes minced fine, or 1 ounce can of tomatoes, cover, and bake 1½ hours in moderate oven. During the last 10 minutes of cooking uncover, and add ¼ cup raisins and ½ cup of blanched almonds.

Serve with hot rice.

Mrs. D. C. Affleck

CHICKEN SOUFFLE

3 tablespoons butter or margarine
3 tablespoons flour
1 cup milk
¼ cup grated American cheese
1 cup diced chicken
1 teaspoon salt
⅛ teaspoon white pepper
3 eggs

Melt the butter or substitute, blend in the 3 tablespoons flour. Add gradually and cook until thickened 1 cup of milk. Combine the above with the cheese, diced chicken, salt and pepper. Beat the egg whites and yolks separately, the whites until they stand in peaks, and the yokes until they are thick and lemon coloured. To the egg yokes add the chicken mixture and carefully fold in the beaten egg whites. Turn into well buttered 8 inch casserole, bake in moderate oven (350ºF.) for about 45 minutes. Sprinkle with paprika.

Serves 4 to 5

Mrs. J. C. Jones
Davao

CHICKEN WITH TOMATO AND PIMENTO

1 fat chicken
1 large onion
1 can tomatoes (medium size)
1 can sweet peppers
6 tablespoons olive oil
1 tablespoon white wine

Dress and joint the chicken, season with salt and pepper. Sauté the onion. Brown the chicken, then add tomatoes and peppers. Cook slowly for 1½ hours. Five minutes before serving add a tablespoon of white wine.

Miss Teo Messa

FRIED CHICKEN—SOUTHERN STYLE

Wash chicken, cut for frying, and put to drain a few minutes. Sprinkle with salt and pepper, and dip each piece in sifted flour. Have an iron skillet nearly filled with melted lard. When it is boiling hot, place chicken in it and fry until done, about 25 to 30 minutes. (Cover skillet while frying). Pour off all the fat. Pour in ¼ teacup of cold water, place a cover over it, and allow to steam at least 5 minutes. Remove chicken from fat, and place on a platter with a garnish of parsley or watercress.

Mrs. C. E. McAdam

GALANTINA (CHICKEN)

1 medium size chicken	¼ pound or 125 grams pork
1 can Oxford sausage	1 piece of ham
1 dry sausage	4 eggs

Remove the skin from the sausage. Salt to season. Separate the flesh of the chicken from the bones. Pass through the meat grinder as well as sausages, pork and ham. Mix well; add beaten eggs and mix thoroughly. Place the mixture in a well greased oatmeal can. Pack tightly and cover the can. Steam for 1½ to 2 hours. Let cool, then chill. Cut in slices—the thickness desired.

Mrs. V. Aboitiz

NOODLE RING WITH CREAMED CHICKEN

1 pound noodles
¾ cup milk
Dash of salt and pepper
1 cup grated cheese
3 eggs
¼ tablespoon Worcestershire sauce
2 tablespoons catsup

Cook the noodles and drain. Beat the egg well, combine with other ingredients. Add to noodles and pour in buttered ring mould. Set in pan of hot water and bake in moderate oven for 45 minutes. Unmold carefully unto large platter and fill the centre with creamed chicken.

Creamed Chicken

One 4 or 5 pound chicken, cooked until tender
3 cups chicken stock or Carnation milk undiluted
3 tablespoons chopped celery
3 tablespoons finely chopped pepper
1 tablespoon finely cut parsley
Salt to taste
½ cup butter or chicken fat
4 tablespoons flour
1½ cups mushrooms, canned or fresh, fried in butter
½ cup pimento, cut in thin strips
2 egg yolks
Paprika

After chicken is cooked, remove meat from bones and cut into cubes. Fry the celery and green peppers in the bottom of a pan with a little of the chicken fat. Heat the butter, add the flour and stir until blended. Add stock or milk and cook until thick, stirring constantly. Add chicken, celery, green peppers, mushrooms, pimentoes and parsley. Just before serving, add the egg yolks with some of the mixture. Season with salt and paprika. Pour into centre of noodle ring.

Mrs. F. M. Spence

OLD FASHIONED CHICKEN PIE—SPANISH

1 regular sized chicken
1 Bilbao sausage
¼ kilo raw ham
1 can Vienna sausage
1 small can mushrooms
1 small can evaporated milk
5 hardboiled eggs
3 potatoes cut in pieces
Some grated cheese and butter

First boil the chicken until tender, and cut into strips. Cut the rest of the ingredients in pieces. Sauté all in butter, add a little broth, and allow to boil. A few minutes before taking from the fire add the milk. Place the mixture in a glass casserole, and cover with the following paste.

3 cups flour
2 teaspoons baking powder
½ pound butter
1 teaspoon salt
1 teaspoon sugar
Enough cold water to make dough

Sift together the flour, baking powder, salt, and sugar. Place the butter in a bowl, and with two knives cut the butter, adding the sifted flour mixture. Mix well, and add enough water to make the dough of right consistency. Roll lightly, cover chicken mixture, and bake in a very hot oven.

Pacita C. Uda de Aberasturi

PAPRIKA CHICKEN

1 large or 2 small chickens
½ cup flour
1 tablespoon paprika
2 teaspoons salt
4 tablespoons fat
6 sweet potatoes
1½ cups boiling water

Cut chicken in pieces for serving. Dredge with flour and seasoning. Heat fat and brown chicken, add water and potatoes. Bake in oven 1 hour or until done.

Mrs. E.P.J. Fee

RICE WITH CHICKEN

Dress and joint a chicken. Fry the chicken in olive oil and lard and when brown add garlic, onions, tomatoes and a bouquet consisting of 1 bay leaf, thyme, 2 or 3 sprigs of parsley and one stick of cinnamon. Cook slowly till fowl is tender. Add rice and enough water to steam. When rice is cooked remove from fire, set aside for 5 minutes and serve.

Mrs. Generosa Jakosalem

DUCK

Dress and bone a duck, season with soy sauce, and rub ginger over it. Stuff with minced ham, mushrooms, bamboo shoots, apulid, green onions and Chinese almonds, and salt. The almonds must be first scalded to remove skins, and then fried. Cover the bottom of the pan with ginger, green onions and pieces of ham. Place the duck in the pan and cook until tender. Before serving remove the sauce and add to stock made with the duck bones. Season to taste, and serve hot.

Mrs. Rosario Gonzalez

STUFFED ROAST DUCK

1 duck
1 chicken liver
½ cup breadcrumbs
1 tablespoon butter
1 egg
1 native onion with stem finely chopped
½ teaspoon finely chopped thyme
½ teaspoon chopped parsley
Salt, pepper, nutmeg

Blanch the chicken liver and the liver from the duckling, chop them finely, add the herbs, breadcrumbs, butter, a pinch of nutmeg, salt and pepper and bind with the egg. Stuff the duckling. Baste it well with fat. Cook in a hot oven. Serve with orange sauce.

Jenny D. Anderson

ROAST DUCK NO. 2

When basting squeeze an orange and the grated rind on duck. In this method serve with apple sauce or walnut sauce.

J. D. A.

PATO TIM (DUCK)

Boil duck in water with one onion, 1 leaf of laurel (bay leaf), 1 teaspoon pepper until duck is tender. Fry one head garlic and ½ teaspoon of pepper in a little lard or butter. Add boiled duck with one or two tablespoons toyo (soy), 1 tablespoon vinegar, 1 teaspoon sugar, juice from one can of asparagus. 1 can mushrooms and about 2 cups broth in which duck was boiled. Simmer about 15 minutes. Thicken gravy with 1 tablespoon flour diluted with a little water, season with salt, and add 1 can of asparagus.

Miss Cecilia Montenegro

Vegetables

VEGETABLES

AIDS TO VEGETABLES

Use little or no water.

Bring to boil fast and cook quickly.

Avoid violent boiling because temperatures destroy certain vitamins.

Cook in covered utensil without stirring.

Vegetables contain 50% more vitamins when cooked in a covered utensil than an open utensil, for the oxygen in the air changes the vitamins to other substances which are evaporated.

It is often just a little flavor quirk that puts across vegetables. Try some chopped mint in carrots, chives in creamed new potatoes, curry powder (go sparingly) in buttered cauliflower, and pimientos and onions in green beans.

NATIVE VEGETABLES OBTAINABLE IN SEASON:

Balantion
Banana buds
Beets
Cabbage
Cancong
Carrots
Celery (Filipino)
Cuchay
Cucumbers
Egg plant

Ginger
Lettuce
Lima beans
Mongo-bean
Mustard-Greens
Okra
Onions
Parsley
Peas
Pechay
Peppers (Green & Red)

Potatoes
Radish
Spinach
Squash-Sayote
String beans
Sweet corn
Sweet potatoes
Tomatoes
Turnips

BALANTION RING

(Balantion is a sort of white squash)

1 medium size balantion	Salt and seasoning
4 eggs	Crisp lettuce leaves
3 tablespoons butter	and other garnishes

Pare and shred the balantion and cook with a little salted water till it becomes transparent. Drain the water. Beat eggs well and add it to balantion; add butter and seasoning and steam for about half an hour in a well greased ring mold dusted with fine bread crumbs. When done unmould onto a platter and garnish with lettuce, tomatoes, hardboiled eggs, boiled shrimps, etc.

Mrs. M. Planas

CARROTS A LA KING

4 cups diced carrots	1 tablespoon minced pimientos
2 cups hot medium white sauce	1 tablespoon diced celery
1 teaspoon grated onion	1 tablespoon minced parsley

Cook carrots until tender, drain.

Add onion, pimiento, celery, parsley to hot sauce pour over carrots.

Jualisna Lunar
Zamboanga

CABBAGE ARISTOCRAT

Remove the outer leaves from a firm cabbage. Cut it fairly deep both down and across, but taking care not to cut it right through. Have ready a good lump of butter into which some paprika has been blended. Pull open the cuts in the cabbage and insert the butter place in a steamer and cook.

J.D.A.

CABBAGE STUFFED WITH BACON AND RICE

- 1 large lose leaf cabbage
- 2 onions
- 2 tins tomato juice or sauce
- 1 package sliced bacon
- ¼ cup oil
- ½ teaspoon salt
- 1 cup raw rice
- 1 bunch parsley
- 2 tablespoons lemon juice
- 1 teaspoon sugar
- Bay leaf

Grind bacon and onions together, chop the parsley and add to bacon, combine rice, bacon and onion mixture and season with salt and pepper. Remove the leaves from the cabbage and remove the heavy stem from each leaf; place in large basin and pour over boiling water, cover for ten minutes. Place a tablespoon of the rice, bacon mixture in each cabbage leaf and roll up. Do this loosely as the rice will swell in cooking. Heat the oil in a saucepan and fry a thinly sliced onion in it, then add the tomato sauce and cook until well blended, adding the bay leaf. Place the cabbage rolls in this mixture and cook with cover for about forty minutes or longer adding the lemon juice and sugar after ten minutes. Add a little hot water to sauce if necessary to prevent burning.

Mrs. Helen Marcuson

CARROTS CONTINENTAL

Partly cook 1 pound carrots leaving them whole if they are small ones, otherwise cutting them in halves. Complete the cooking very slowly in two tablespoons butter and just enough milk to cover. When tender serve in their own sauce and sprinkle with chopped parsley.

J.D.A.

CARROTS SUPREME

Mince medium sized tomatoes and 6 medium carrots, a few sprigs of parsley, a sprig of mint, 1 dessert spoon capers. Cook in 3 tablespoons butter for 20 minutes or until tender.

J.D.A.

CARROT CHOWDER

2 cups diced carrots
2 cups potatoes
1½ cups water
½ cup chopped onions
2 tablespoons flour
1½ teaspoons salt
3 cups fresh milk
5 tablespoons butter

Scrub the carrot and dice it. Pare and dice potatoes. Cook carrots and potatoes in 1½ cups water with salt 20 minutes. Cook the onion with butter in a large pan until soft. Add flour stirring all the time then add hot milk, add vegetables and water. Heat well and let stand from 15-20 minutes before serving to improve flavor. Serve 6-8.

J.D.A.

CARROTS AND RICE

1½ cups shredded raw carrots
1 cup cooked rice
1 cup American grated cheese
1 tablespoon chopped onions
1 egg beaten
Salt and pepper

Parboil carrots in salted water for 5 minutes. Drain well, mix with onions and other ingredients, reserving ¼ cup cheese to sprinkle over top when placed in casserole. Bake in moderate oven 350°F about 30 minutes or until cheese becomes brown.

J.D.A.

CARROT SOUFFLE

1½ cups cooked carrots put through a sieve.
Mix:
3 slightly beaten eggs
½ cup canned milk diluted with ½ cup water off the carrots
½ teaspoon salt

Stir in the carrots. Put into a baking dish and set in a pan of hot water. Bake at 350° for 45 minutes or until knife comes out clean.

Florence Sanders

CAULIFLOWER FRITTERS (French)

1 large cauliflower
Salt
Water
1 tablespoon butter
1 teaspoon olive oil
4 tablespoons of flour
A bunch of parsley
½ cup of vinegar
White of 2 eggs
Frying fat

Trim and cleanse the cauliflower in the usual way, half boil them in salt and water. Melt the butter in a little hot water, stir in the flour, oil and salt, making a batter which will run from the spoon. Mix lightly with the whites of two eggs, well beaten. Drain the cauliflower thoroughly, divide into branches and shake the branches well in the vinegar seasoned with salt and pepper, then dip them in the batter and fry in deep fat taking care they do not stick together.

J.D.A.

CHINESE BEAN SPROUTS (Mongo sprouts)

1 pound bean sprouts
1 small piece of ginger
Salt and pepper
Soy bean sauce

Wash bean sprouts clean, chop the ginger very fine. Fry sprouts and ginger together in a hot pan which has been greased with vegetable oil or butter. Cook for 5 minutes, season with salt, pepper and soy bean sauce.

Mildred Sands

CORN CHOWDER

- ¼ pound salt pork or bacon
- 1 onion (diced)
- 2 tablespoons flour
- 1 teaspoon salt
- 4 cups fresh milk
- 4 cups diced potatoes
- 2 cups of yellow corn (canned or fresh)

Cut salt pork or bacon into cubes and fry until a golden brown in a deep saucepan. Dice the onion and cook in the fat until it's yellow and transparent. Stir in the flour and salt, mix it well. Add hot milk, gradually at first, stirring well. Bring to the boiling point. Add cooked potatoes, potato water and corn. Simmer gently, then serve.

J.D.A.

CORN PATTIES

- 2 cups canned whole kernel corn (drained)
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons flour

Mix well with 2 beaten eggs.

Drop by tablespoons into frying pan with 5 tablespoons melted shortening. Fry golden brown on each side. Good with ham or chicken.

Mrs. L. Self

CREAMED SPINACH

Creamed fresh spinach (nutmeg flavored) in baked potato shells

Bake large potatoes until done. Cut off top, remove inside and mash with butter, salt, pepper and cream. Fill potato shell with fresh cream spinach and nutmeg for flavor instead of pepper. Put in potato shells and border with mashed potatoes. Use a pastry decoration for fluffy effect.

Mrs. L. Self

CREAM PARSLEY POTATOES

10-12 small potatoes
1 cup fresh milk
½ cup cream
Chopped parsley, or watercress or chives
2 tablespoons butter
½ cup water
1 teaspoon salt

Peel potatoes, cut in dice or scoop out into balls with vegetable cutter. Place on top of double boiler. Heat milk, cream and water to scalding point with butter and salt. Pour over potatoes. Cook in double boiler until potatoes are almost tender. Then place top of double boiler in a low flame, and cook until thickened, stirring frequently. Turn potatoes on serving dish. Sprinkle chop parsley, watercress or chives. Serve hot.

J.D.A.

CUCUMBER NOVELTY

3 cups sliced cucumbers
Iced water
½ teaspoon salt
2/3 cup thick sour cream
2 tablespoons vinegar
¼ teaspoon minced parsley
¼ teaspoon minced onions or chives
1 teaspoon sugar
¼ teaspoon paprika

Soak cucumbers 30 minutes, covered with ice water, in refrigerator. Drain and cover with ingredients, beaten together. Chill until served.

J. D. A.

EGGPLANT AND OKRA

1 large eggplant or several small ones, peeled and cubed
1 onion sliced
3 tomatoes, quartered
12 okra pods, sliced
Salt and pepper
1 tablespoon finely chopped parsley

Cook all ingredients but parsley 30 minutes. Sprinkle with chopped parsley.

Mrs. E. P. J. Fee

ESCALLOPED ONIONS

4 tablespoons butter
5 tablespoons flour
2 cups milk
¼ teaspoon salt
¼ teaspoon paprika
¼ teaspoon celery salt
8 medium sized onions (cooked)
1/3 cup grated cheese (any kind)

Mix butter and flour, when blended, add milk. Cook slowly and stir constantly until a thick sauce forms. Add seasonings. Place onions in a buttered shallow baking dish and pour over sauce. Top with grated cheese and bake 20 minutes in a moderate oven.

Mrs. L. Self

GLORIFIED CARROTS

Peel 10 long carrots and cut in strips. Let them stand in cold water for 20 minutes. Then put carrots in a pan that is long enough to keep them straight. Add ½ teaspoon salt, scant cup white sugar, 2 tablespoons butter, 1 quart boiling water. Cover and cook on top of stove until water has boiled out. Be careful not to burn.

Mrs. C. E. McAdam

HOME BAKED BEANS

2 cups dry beans (white or red)
¼ teaspoon soda
¼ teaspoon pepper
½ teaspoon salt
½ teaspoon dry mustard
½ cup dark corn syrup or molasses
3 ounces fat salt pork

Wash beans and soak over night in cold water. In the morning add soda and cook beans in same water until skins begin to loosen. Place ½ of the pork sliced in the bottom of the bean pot. Add half the beans, then half of the seasonings. Add the remaining beans and seasonings. Bury the onion in the beans, *drizzle* with the syrup or molasses and cover with thin slices of pork. Add enough of the water in which the beans were cooked to seap through beans to the top. Cover and bake in slow oven about 4 hours, or until liquid is all absorbed and the beans are dark and mealy—makes 2 quarts.

Mrs. L. Self

HOMINY

1 No. 2-½ can Hominy	1 No. 2 can tomatoes
1 onion	Dash pepper
2 tablespoons butter	1 teaspoon sugar
1 teaspoon salt	1 cup grated cheese

Mince onion, brown in butter or salad oil. Add tomatoes, salt, pepper and sugar. Cook slowly until most of liquor has evaporated. Drain hominy. Add with grated cheese to the above mixture and heat thoroughly over low heat. Serves 6.

Mrs. L. Self

KIDNEY BEANS, TOMATOES AND MACARONI

5 slices of bacon chopped	Salt and pepper
1 medium sized onion	1 teaspoon sugar
1 green pepper	1 bay leaf
2 cups tomatoes	Cheese
¼ package of Macaroni cooked	2 cups kidney beans cooked

Fry bacon until crisp. Chop the onion and pepper together; fry in bacon grease. Add 2 cups of tomatoes, salt, pepper, sugar and bay leaf; simmer 10 minutes. Put layer of macaroni, layer of beans, layer of tomato mixture in casserole. Repeat. Cover with grated cheese, sprinkle with bread crumbs and bake at 350°F. for 30 minutes.

Mrs. Florence Sanders

MIXED VEGETABLES AU GRATIN

2 tablespoon butter
3 tablespoons flour
1 cup evaporated milk diluted with
1 cup vegetable juice
½ cup buttered bread crumbs
Pepper
1 teaspoon salt,
Little paprika
½ cup grated cheese
1 No. 2 can Libbys mixed vegetables

Melt butter and blend in flour. Gradually add diluted evaporated milk. Season. Cook while stirring constantly until smooth and thickened. Add cheese and continue cooking until cheese is melted. Pour cheese sauce over all. Top with buttered crumbs. Sprinkle with paprika. Bake for 15 minutes at 375ºF. This can be made with left over vegetables and chopped onions added.

Elberto G. Calinog

NOODLES WITH SPINACH

2 cups noodles (cooked
1 to 2 pounds swiss cheese (grated)
2 cups cooked spinach (chopped)
1 cup milk
3 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper or paprika

Place ½ of the cooked noodles in the bottom of buttered pyrex baking dish and cover with half the grated cheese. Make a sauce of the milk, butter, flour and seasonings, and mix with the spinach. Spread this evenly over noodle layer. Sprinkle remaining grated cheese on spinach. Put second half of noodles on top and bake in a hot oven for 10 minutes or until brown.

Mrs. L. Self

NEW SCOTCH DISH

1 medium size onion minced and a tablespoon of butter, cooked together a few minutes. Put 1 cup rice in 3½ cups boiling water and cook until thick but not too stiff. Add a can of Campbell's Tomato soup, salt and pepper to taste. Break up ¾ pound American cheese and add. Put in baking dish and cover top with bread crumbs. Cook until crumbs are brown.

Mrs. Everett S. Richards
Manila

POTATOES MORNAY

Peel and slice thinly one kilo potatoes. Cook for ten minutes in boiling salted water. Blend two tablespoons butter, three tablespoons flour and one teaspoon salt, one eighth teaspoon pepper, three tablespoons grated cheese. Stir constantly while pouring on one cupful of the water in which the potatoes have been boiled. When this sauce begins to thicken, add ¾ cup evaporated milk. Cook two minutes. Lift potatoes with strainer from boiling water into a well greased casserole. Pour sauce over potatoes. Cook for twenty minutes, in a moderate oven. (Serves eight people)

Mrs. William Gohn
Davao

RED CABBAGE

Shred a middle sized cabbage and one apple fine, season with salt and pepper to taste, sprinkle 2 to 3 tablespoons vinegar over it, mix all in a bowl. Fry one small finely chopped onion in fat; add the cabbage, 3 small lumps of sugar and water or soup stock and cook until tender. A few minutes before serving sprinkle in one or two tablespoons flour and add about 1/3 cup red wine; mix well. Goose, duck or pork and Frankfurters go well with it.

Anna Gasser

RICE AND TOMATO CHEESE

½ pound tomatoes
1 cup rice
1 cup milk
¾ cup grated Holland cheese
2 tablespoons butter

Cook rice until tender. Strain, remove water and add milk. Butter a fireproof dish and place a layer of rice and milk at the bottom. Add some grated cheese and some slices of skinned tomato. Fill the dish in this way ending with grated cheese. Cover with small pieces of butter and cook in a hot oven for ten minutes.

J. D. A.

SAVORY STUFFED TOMATOES

Select 6 firm, ripe tomatoes and scoop out centers. Invert to drain while making the stuffing. Simmer 2 tablespoons each of chopped celery, onions and pimientos for 3 minutes in 2 tablespoons butter. With a fork, mix in 2 cups corn, 2 egg yolks, ½ cup soft bread cubes, ¼ teaspoon each of salt, paprika and minced parsley. Add 3 tablespoons cream and stuff the tomatoes. Set them upright in a shallow pan and add half inch of boiling water. Place a thin slice of cheese spread with catsup over each tomato. Bake 30 minutes in a moderate oven. Baste twice with 3 tablespoons butter blended with 1/3 cup boiling water. To insure the tomatoes keeping shape, cook and serve in buttered baking dishes.

J. D. A.

SCALLOPED EGGPLANT

2 tablespoons salad oil or anchor butter
2 egg plants peeled and diced
½ teaspoon garlic salt
½ cup water
1 green pepper chopped, peeled and seeded
1 teaspoon salt
2 eggs

1 Teaspoon sugar
½ cup bread crumbs
Juice of 1 sunkist lemon

Heat the oil and cook the pepper in it until softened. Add the peeled and diced eggplant and the water. Season with the salt and garlic salt and cook with cover for about 15 minutes. Let it cool while beating up the eggs. Combine with eggs and bread crumbs and the sugar and lemon juice. Put into shallow baking dish, buttered. Sprinkle top with more bread crumbs and dot with bits of butter. Bake for 25 minutes at 325°F. temperature. Nice to serve with meats or chicken or light luncheon vegetable plate.

Marie Laurence

SPANISH POTATOES

1 tablespoon minced onion
2 tablespoons chopped green pepper
2 tablespoons chopped pimiento
4 tablespoons fat
½ teaspoon paprika
2 cups diced boiled potatoes
½ cup chopped cooked ham
1 teaspoon salt

Saute onion, pepper and pimiento in fat until light brown, add potatoes, ham and seasonings, and cook until heated through. Serves 4.

J.D.A.

SQUAW DISH

3 thin slices bacon
1 green pepper chopped fine
1 small onion chopped fine
No. 2½ size tin tomatoes
3 cups whole-kernel corn (2-½ size tin)
1 teaspoon salt
Pepper
¼ cup bread crumbs combined with 1 tablespoon butter
¼ cup grated cheese

Slice bacon and fry until crisp with onion and pepper. Place corn and tomatoes in a greased baking dish in alternate layers, topping each layer with some of the bacon, onion, and pepper mixture. Top with grated cheese and buttered crumbs. Bake at 350 degrees until crumbs are brown, about ½ hour. Serves 6 to 8.

Mrs. Grace Rigby

STOVIES (POTATO DISH)

Cut up 6 large potatoes and also cut up 6 large onions. Add a cup of left over meat or steak, cut into not too small pieces. Brown in deep pan with tasty meat or roast fat. Add a little water slowly and simmer on a low fire for 1½ hours. Season with plenty of pepper and salt. Serve with glass of chilled milk. Serves 4.

S.Y.

SWEET POTATO AND ORANGE CASSEROLE

Boil five sweet potatoes and let them get cold so you can slice them thin without breaking them. Butter your casserole and start with a layer of sweet potato slices sprinkled with brown sugar, then follow with a layer of orange slices cut from medium sized oranges, with the skins left on. Alternate till you have used five potatoes and two oranges. Then make a basting syrup with a quarter of a cup of strained honey and a quarter of a cup of orange juice. Pour this over the dishful and top it off with fine bread crumbs mixed with an equal quantity of brown sugar. Dot liberally with butter and bake for an hour in a moderate oven. Baste with more orange juice and honey if it threatens to burn.

Mrs. Guy Walford

SWEET AND SOUR CABBAGE

1 small onion sliced
1½ tablespoons bacon fat
½ cup water
3 cups shredded cabbage
1 apple sliced
1½ tablespoons vinegar
1 tablespoon brown sugar
1 clove
Salt and pepper

Cook onion in fat. Add cabbage, apple and water. Cook slowly and when nearly done, add vinegar, sugar and spice and salt and pepper.

If cabbage seems watery, add 1 tablespoon flour mixed with water to thicken it a bit.

Mrs. Grace Rigby

SWISS—"BOELLEWAEHE" (Onionpie)

Piecrust for one pie
1 kilo onions
1 tablespoon butter
Salt
Pepper
1 teaspoon caraway seeds
2 eggs
1 can cream
Chopped bacon or ham

Take any kind of piecrust and line a pieplate For one 11 inch pieplate use 1 kilo onions. (Use big onions.) Cut onions first in halves (lengthwise) then put flatside down and cut slices just as fine as possible. Put in deep pan liberal piece of butter. Then add onions and turn them in the butter until they are not raw anymore. Do not fry the onions. They have to be white but soft. Take off fire and cool. Add salt and pepper and according to taste caraway seeds. Then beat 2 whole eggs well, add one can of Nestles cream and mix with cooked onions. Spread on unbaked piecrust and bake in very hot oven until it looks golden brown. Some very fine cut bacon or ham, may be fried and spread over finished pie.

Mrs. Albert Trub

TURKISH PILAF

2 cups rice	1 teaspoon salt
4 cups boiling water	1 tablespoon butter

Wash rice quickly. Put in saucepan with 1 tablespoon butter and fry for 15 minutes. Add boiling water and stir. Cook on medium fire, leaving lid partly off; when water disappears, cover tightly and cook slowly for ½ hour. Do not stir.

Mrs. S. M. Austin
Kolambugan

TOMATO EGGS

Cook 1 minced onion in 1 tablespoon butter, add 1 can tomato soup, 2 tablespoons minced green pepper, and when thoroughly hot, add gradually ½ cup grated cheese. When smooth, add 6 slightly beaten eggs. Cook until creamy. Serve on toast.

J.D.A.

VEGETABLE PUDDING

Carrots, lettuce, cabbage, cauliflower, eggplant, spinach, etc.

Cut into small pieces, wash thoroughly, and boil with enough water to cover and salt to taste. When done drain. Cut a little onion into tiny bits and brown in oil, then add a small can of tomatoes and cook until done. Add to vegetables; also add one egg. Mix well and cook in double boiler until dry.

Mrs. E. L. Short

VEGETABLE RAGOUT

Take ½ cup of every kind of vegetable you have, potatoes, carrots, onions, peas, beans, etc. More vegetables the better. Put in saucepan with butter and stir over heat for ten minutes. Do not brown. Add 1 tablespoon flour, 1 cup water, 2 sprigs mint. Cook till tender.

J.D.A.

Salads

There is no part of cookery in which more originality can be shown than in the preparation of salads. Lettuce and the vegetables and fruits which make up the body of the salad should be fresh, crisp, and tender.

HELPFUL HINTS

French dressing is correct on all salads.

Mayonnaise is used particularly on meat and fish, fruit, vegetable and egg salads.

Do not stir salads. The ingredients should be mixed together lightly, blending the dressing thoroughly.

Some fruits, vegetables, meats, chicken, fish are often mixed with a small amount of French dressing and allowed to "marinate" and chill in a refrigerator one hour before serving.

When celery is not available, try using coconut heart and celery seed.

Cooked banana heart and bean sprouts improve a vegetable salad.

When lettuce is not available use clean green leaves as a garnish.

Leaf lettuce can be grown easily anywhere in the Philippines. It is a good idea to grow it in boxes which are up off the ground so that insects cannot get on it.

SALAD ACCOMPANIMENTS

Crackers: heat before serving, or spread with butter, sprinkle with paprika or chopped parsley, and toast.

Melba toast: very thin slices of bread toasted in a slow oven until light brown and very crisp.

Cheese straws: Roll a little grated cheese into some pastry dough, cut into strips and bake in hot oven.

Cheese biscuits: Add some grated cheese to biscuit dough, roll out and cut with a tiny biscuit cutter. Bake in hot oven.

Finger rolls: Shape dough into tiny rolls about as thick around as a lead pencil, and as long as a finger. Let rise and bake in hot oven.

Sandwiches: To serve with salads for afternoon or midmorning parties, dainty bread and butter sandwiches are always appropriate.

Cheeses: Cheese is one of the best accompaniments to salad because of its dietary value. It is rich in the elements salads lack and therefore when the two foods are served togethey they make an almost complete meal.

ALL THE YEAR ROUND SALAD

- 1 lettuce
- 1 sweet apple
- 1 banana
- 1 orange
- Nuts (any kind)
- Dried fruits e. g., dates, prunes, raisins

Wash and drain the lettuce. Cut the apple into dice, the banana into slices and squeeze a little lemon juice to prevent discolouration. Divide the orange into sections. Stone dates and prunes, previously soaked. Remove seeds from raisins. Break the nuts into pieces. Mix the ingredients with Mayonnaise or cream dressing.

Jenny D. Anderson

BANANA HEART SALAD

- 1 banana heart
- 1 onion
- 2 large tomatoes
- ½ cup chopped cooked shrimps
- ½ cup vinegar
- 1 teaspoon sugar
- 1 tablespoon olive oil.
- Salt and pepper

Remove the tough outer skins of the banana heart but set the flowers aside. When you come to the white tender part of the banana heart, slice the heart fine crosswise. Remove the pistils of the flowers you have set aside and put the flowers with sliced heart. Mash the sliced banana heart with kitchen salt and wash several times to remove the bitter sticky taste. Boil quickly in salted water, until tender and drain. Mix with chopped onion, tomatoes and shrimps, season with salt and pepper, and dress with mixture of vinegar, sugar and olive oil, or with French dressing.

M. Sales

BANANA-PEANUT SALAD

For each serving: Slice medium size banana in quarters lengthwise. Sprinkle with lemoncito juice and dip each slice in egg white. Roll in finely chopped crisp peanuts. Arrange on lettuce or green leaf cup and serve with Mayonnaise.

Mrs. Vicente Veloso

BOLOGNA SLAW

3 tomatoes
4 cups shredded cabbage
1 cup sliced cucumber
1 cup slivered bologna sausage
½ cup diced American cheese
1/3 cup French dressing

Cut tomatoes in eighths. Combine all ingredients. Chill. Serves 6.

Mrs. E. P. J. Fee

BUKO SALAD

2 cups buko (young coconut) cut in small squares
½ garden beet boiled and cut in small squares
3 regular sized potatoes boiled and cut in small cubes
1 carrot boiled and cut in small cubes
¼ cup shrimp boiled and cut in pieces
10 "camias" or sweet pickles cut in small cubes
2 green onions washed and cut in small pieces
Salt and pepper to taste

Marinate all ingredients in French dressing and drain well. Add mayonnaise and salt; chill. Garnish and serve cold.

M. Sales

CHICKEN-COCONUT HEART SALAD

2 cups diced cooked chicken
1 cup diced coconut heart
Salt
½ cup chopped sweet pickle
1 cup chopped celery

Marinate in oil and vinegar.

If no fresh celery, use celery salt to flavor. Mix with all this plenty of mayonnaise as it will be quite dry. Spread mayonnaise over the top. Serve cold.

Mrs. Don Robinson
Lamitan, Basilan

COTTAGE CHEESE SALAD

1 envelope Knox gelatin soaked in ½ cup cold water. Heat one can of tomato soup and mix with the gelatin. Cut and dice celery and green pepper to make 1½ cups. Mix ¾ cup mayonnaise and 1 carton of cottage cheese (about 1½ cups)

Mix all together and let set.

Mrs. P. H. Sanders

CUCHAY SALAD

Shred inside hearts of cuchay very fine, add small amount of chopped raw apple or chopped raw onion. Serve with mayonnaise or French dressing.

Mrs. Leonard Self

FROZEN FRUIT SALAD

½ cup mayonnaise
½ cup orange
½ cup pineapple
½ cup maraschino cherries or peaches

½ cup blanched almonds
¼ teaspoon mustard
1 teaspoon salt
1 tablespoon sugar
¼ scant cup vinegar
½ pint whipping cream or 2 small tins Nestles whipping cream.

Put in freezing compartment for several hours. Serve with mayonnaise or whipped cream.

Mrs. Everrett S. Richards
Manila

FROZEN FRUIT SALAD

2 quarter pound packages Marshmallows
2 tablespoons fruit juice
2 cups ginger ale
1 cup mayonnaise
2 cups peaches, cut fine
1½ cups crushed pineapple, drained
½ cup maraschino cherries, cut fine
1 cup whipping cream, whipped

Place marshmallows and fruit juice in a saucepan. Heat slowly, folding over and over until marshmallows are half melted. Remove from heat and continue folding over and over until mixture is smooth and fluffy. Chill. Blend in ginger ale and mayonnaise. Add fruits and lastly fold in whipped cream. Freeze quickly without stirring.

Serve this salad in crisp lettuce cups; garnish with red cherries and mint leaves.

Fitz L. Reed

FRUIT SALAD

1 large can of sliced pineapple
6 apples
Almonds or Brazil nuts
1 can of Nestle's Cream or ½ pint fresh whipping cream
1 small jar of mayonnaise.

Drain the syrup from the canned fruits. Remove seeds from grapes. Cut the pineapple in small pieces. Peel the apples and cut in cubes. Cut the nuts lengthwise or crosswise and add to fruits. Combine cream with mayonnaise and add the fruits. Chill. Serves 8.

Luz M. Sanz

GREEN PAPAYA SALAD

Shred green papaya and boil until tender. Cool. Season to taste, add French dressing and chill in refrigerator. Serve with Mayonnaise. For variety other things can be added, such as strips of pimiento, green pepper, etc.

Mrs. E. B. Mullaney

GREEN PAPAYA AND CUCUMBER SALAD

2 green papayas (medium sized)
Salt
1 cucumber
3 eggs—hard boiled
3 tomatoes
1 large Bermuda onion sliced
French dressing

Peel papayas and grate finely. Sprinkle with salt and mix until withered. Wash thoroughly. Arrange on lettuce or green leaves and over it place sliced cucumber, eggs, tomatoes and onions. Serve with French dressing.

Mrs. Rosario Gullas Laput

JELLIED TOMATO SALAD

1¼ tablespoons gelatine
2 cups tomato juice
2 teaspoons lemon juice
1 teaspoon sugar
½ teaspoon salt
1 teaspoon Worcestershire Sauce
½ cup Heinz Fresh Cucumber Pickle chopped
½ cup celery chopped
¼ cup sliced stuffed olives (optional)

Soak gelatine in ¼ cup of cold tomato juice. Over this pour 1 cup of boiling juice. Stir until dissolved. Add remaining juice and seasonings. When slightly thickened, add other ingredients.

D. G. F.

LETTUCE ROLL SALAD

1 package cream cheese
¼ cup ground cooked ham
2 tablespoons Heinz India relish
Mayonnaise
6 large lettuce leaves

Mash cheese and mix thoroughly with ham and relish. Spread a thin layer of this mixture on each leaf of lettuce. Form into rolls and chill. Cut into one-inch lengths and place 3 or 4 of these rolls on a leaf of lettuce. Serve with French Dressing.

Mrs. E. P. J. Fee

MACARONI SALAD

1 box macaroni or spaghetti
1 can Vienna sausage
1 head cabbage
1 can chopped pineapple
1 small bottle sweet pickles
5 fresh tomatoes
1 chicken chopped,
celery, grated cheese

Macaroni cut in pieces and cooked with salt and boiling water. When cooked cut Vienna sausage crosswise. Shred cabbage, chop pineapples, shred chicken, cut sweet pickles, tomatoes, celery and mix all of them. Add mayonnaise and mix well.

Mrs. Samonte

MACEDOINE SALAD

1 small cooked cauliflower) (1 cup cooked string beans
1 cup cooked carrots, cubed) or (1 cup lima beans (cooked)
1 cup cooked peas) (1 cup beets (cooked)
6 stuffed olives

Marinate each vegetable separately in French dressing and let stand in refrigerator. Arrange vegetables on lettuce leaves and sprinkle with sliced olives.

D. G. F.

MANHATTAN SALAD

Manhattan Salad ties a lot of goodness into one dish. To serve six, mix 1 cup cooked peas, ½ cup each of cooked beets, green beans and celery; 2 hard-cooked diced eggs, ½ cup cubed hard yellow cheese, and 2 tablespoons each of chopped onions, parsley and green peppers. Season with ¼ teaspoon salt, ⅛ teaspoon paprika and 2 tablespoons French dressing. Chill until dinner time, then pile the salad roughly in a bowl of icy crisp lettuce and top with more dressing.

J. D. A.

MEAT AND KIDNEY BEAN SALAD

1 cup cold diced meat
1 cup drained kidney beans
¼ cup sweet chopped pickle
½ cup chopped celery
1 tablespoon chopped green pepper
1 tablespoon chopped piemento

Combine all. Season with salt, pepper and mayonnaise.

Mrs. P. H. Sanders

MOCK SALMON SALAD

2 cups carrots (grated)
1/3 cup chopped walnuts
¼ cup Heinz stuffed Spanish Olives (sliced)
1 green pepper (chopped)
¼ cup salad dressing
¼ cup Heinz Preserved Sweet onion (chopped) or a few drops of onion juice.

Mix thoroughly and serve with additional salad dressing.

Dorothy Fee

MOULDED CHEESE SALAD

10-½ oz. condensed tomato soup
3-3-oz. packages Philadelpia cream cheese
1 envelope Knox plain unflavored gelatin
½ cup cold water
1 cup mayonnaise
1/3 cup finely chopped raw celery
1/3 cup finely chopped green peppers
1/3 cup finely chopped pimento
A little onion

Heat soup to a boil. Remove from fire, add cheese and beat until creamy. Meanwhile, soak gelatin in water for 5 minutes, add to soup mixture and cool but don't allow to thicken. Add all other ingredients. Put in a mould or small individual moulds and chill. Serves eight.

Mrs. George E. Morris, Jr.
Zamboanga

POTATO SALAD

4 cups cold boiled potatoes cut in cubes
1 large onion chopped or 6 spring onions chopped
2 tablespoons chopped parsley
1½ teaspoons salt
½ cup chopped celery

4 hard cooked eggs chopped
¼ cup or more sliced stuffed olives
¼ cup or more sliced sweet pickles
½ teaspoon paprika
Mayonnaise

Mix potatoes, onion, salt and paprika and marinate in French Dressing. Chill in refrigerator. Just before serving add rest of ingredients using enough mayonnaise to moisten well.

Mrs. Rafael Ramos

SHRIMP AND RED CABBAGE SALAD

4 cups shredded red cabbage
½ cup vinegar
½ cup sugar
2 teaspoons salt
Olive oil
30 boiled, shelled shrimps
Mayonnaise

Prepare cabbage, cover with salt and let stand for 30 minutes. Drain thoroughly and wash several times with cold water. Drain very well. Mix vinegar, sugar, and salt. Add to this the prepared cabbage and let stand for another 30 minutes. Drain and moisten cabbage with enough olive oil. Place on platter and arrange boiled and shelled shrimps on it.

Pour mayonnaise over shrimps.

Rita J. Noel
Carcar, Cebu

STUFFED AVOCADO SALAD

Cut avocadoes in halves, remove stones, make gashes in the pulp and put two tablespoons savory salad dressing in each half. Chill in refrigerator. Mix together crab or shrimp and celery, moisten with mayonnaise. Fill avocado halves and serve.

Miss Mercedes Delgado

STUFFED EGG SALAD

- 12 eggs hard boiled
- 1 cup mayonaise
- 1 tablespoon capers
- Parsley
- Sweet pickles
- Red pimentoes

Cut the eggs into halves lengthwise. Take out the yolk, mash and mix with the mayonnaise to which chopped capers and sweet pickles have been added. Beat well until thick, and return back to the whites of eggs and set on a bed of lettuce. Decorate each with red pimentos and parsley.

Mrs. Genoveva de Yrastorza

STUFFED LOBSTER SALAD

- 2 pounds lobster
- 3 cups diced pear
- 1 medium sized, finely diced onion
- Salt, sugar and pepper to taste
- 1 tablespoon Sunkist Lemon juice
- 1 tablespoon Heinz Cider Vinegar
- Best Foods Real Mayonnaise

Boil the lobster. Cut through the body shell, beginning on inside of tail end and cutting through entire length of tail and body. Remove meat from shell very carefully, and cut in dice. Mix the meat with three cups diced pear and the finely diced onion. Season with salt, sugar and pepper. Add and mix well the lemon juice and vinegar. Then mix with Best Foods Real Mayonnaise. Refill the shell with this mixture. Arrange lobster with cut side down on a bed of crisp lettuce leaves and garnish with lines of shredded red and green cabbage and finely cut (lengthwise) carrot.

Lourdes Noel,
Carcar, Cebu

STUFFED TOMATO SALAD

Cut off stem end of large tomatoes and remove inner pulp. Salt and pepper lightly and squeeze little lemoncito or lemon juice in each shell. Put in refrigerator to chill. Marinate in French dressing equal amounts of chopped apple and waterchestnut. Celery is good too, and fill tomato shells. Serve with mayonnaise.

Mrs. Beatriz Duterte Jereza

TOMORROW'S SALAD

(Called Tomorrow's Salad because it takes 24 hours for it to season through and be at its best.)

2 eggs
¼ cup vinegar
¼ cup sugar
2 tablespoons butter
2 cups marshmallows
2 cups grapes
2 cups crushed pineapple
1 orange
¼ cup candied cherries
1 cup whipping cream

1. Beat eggs; add sugar and vinegar. Cook in double boiler until thick and smooth.
2. Remove from fire and stir in butter. Cool.
3. Cut grapes in half and seed.
   Drain crushed pineapple.
   Quarter marshmallows.
   Section orange, cut in small pieces.
   Cut candied cherries in small pieces
   Mix
4. Whip cream; add egg mixture.
5. Combine drained fruit and marshmallows with cream-and-egg mixture.
6. Pour into refrigerator dish and allow to stand 24 hours in the coldest part of the refrigerator but *not* in the *freezing unit.* Serve on a bed of lettuce leaves. (No salad dressing is needed).

Mrs. Landis Doner

TROPICAL FRUIT SALAD

1 cup pineapple cubes
1 cup mango cubes
1 cup alligator pear cubes
1 cup melon balls
1 cup banana slices
1 cup red papaya balls

Mix fruits and moisten with Fluffy Fruit dressing. Serve on lettuce, and garnish, if desired.

Consuelo Noel,
Carcar

Fluffy Fruit Dressing

½ teaspoon granulated gelatine soaked in
2 teaspoons cold water
1 cup scalded milk
4 egg yolks, well beaten
½ cup canned pineapple juice
1 tablespoon flour
½ cup sugar
⅛ teaspoon salt
1 tablespoons lemon juice
16 marshmallows, quartered

Mix soaked gelatine into the scalded milk and stir over hot water until dissolved. Pour into bowl and chill until icy cold. Mix egg yolks, pineapple juice, flour, sugar and salt. Cook until thick in top of double boiler. Add 1 tablespoon lemon juice. Remove from heat and add marshmallows. Chill.

Whip cold milk until stiff. Fold into egg mixture.

Consuelo C. Noel
Carcar, Cebu

TUNA FISH SALAD

2½ cups tuna fish flaked
2 tablespoons stuffed olives
1½ cups chopped celery
3 tablespoons capers
1 teaspoon salt
1 teaspoon paprika
2 hard cooked eggs
2 tablespoons sweet pickles

Marinate all ingredients except eggs and 2 tablespoons of capers in French dressing and let stand in refrigerator to chill. Before serving moisten with mayonnaise, garnish with capers and sliced hard cooked egg.

D. G. F.

VINEGARED ONION SALAD

3 Spanish onions
½ cup water
½ teaspoon salt
½ cup Heinz cider vinegar
1 tablespoon sugar

Peel onions and slice very thin. Mix water, vinegar, sugar and salt and put the onions in the mixture. Let stand in a covered dish in refrigerator one hour. Drain and serve on lettuce, adding chopped parsley and French dressing.

Mrs. Paul Gullas

VEGETABLE SUPPER SALAD

1 package lemon jello
2 cups hot water
2 tablespoons vinegar
1 teaspoon salt
1 shredded green pepper
1 cup chopped celery (if no celery try coconut heart and celery seed for flavoring).
1 cup shredded cabbage
½ cup shredded carrots

Dissolved jello in hot water, add vinegar and salt. Let chill until begins to thicken. Fold in remaining ingredients. Chill until set. Serves 8.

Mrs. E. P. J. Fee

Sauces and Salad Dressings

The excellence of many dishes depends entirely on a well made sauce. A good sauce will also make an insipid dish into something piquant and interesting. The success of all sauces depends on the thorough cooking.

BUTTERSCOTCH SAUCE

1¼ cups brown sugar
4 teaspoons butter
2/3 cup corn syrup (karo)
¾ cup evaporated milk

Boil sugar, syrup and butter to a soft ball. Add milk. Serve cold. Serve with ice cream, cake, etc.

D. G. F.

COCKTAIL SAUCE

1 cup Heinz tomato Ketchup
2 tablespoons Heinz vinegar
1 tablespoon evaporated horseradish
3 tablespoons Heinz chili sauce
Few drops Heinz pepper sauce
½ to 1 teaspoon salt
Dash of pepper

Mix together, makes about 1½ cups sauce. Let horseradish soak in 2 tablespoons of cold water before mixing.

J. D. A.

COOKED SALAD DRESSING

6 eggs
4 tablespoons milk
4 tablespoons sugar
Lump of butter
1 teaspoon Coleman's Mustard (heaping)
2/3 cup vinegar
Pinch of salt

Beat eggs, add sugar and creamed butter. Put in double boiler. Mix mustard with a little water, add slowly. Then add vinegar gradually, stirring constantly.

Mrs. Dave Affleck

CRANBERRY SAUCE

2 cups of cranberry (raw)
1 large orange

Wash thoroughly. Grind together using fine grinder (use all of orange). Add 1½ cups of sugar. (Taste as you add sugar; you may like less). Stir all together and let stand in closed jar in refrigerator for several days. (No cooking). Serve with turkey or any game.

Mrs. M. P. Sands

CRANBERRY SAUCE

4 cups cranberries
2 or 3 whole cloves
1 cup water
1½ cups sugar
1 teaspoon orange rind

Wash cranberries, put in sauce pan; add water, cloves, orange rind, and cook until berries are soft. Add sugar and continue to cook 5 minutes. Turn into mold and chill until ready to serve. (For jelly run through a sieve and turn into glasses). Serve with turkey or any game.

Mrs. E.P.J. Fee

CUCUMBER SAUCE

2 large cucumbers
½ teaspoon salt
2 tablespoons vinegar
Pepper

Chop the cucumber and drain off the liquid. Add salt and a dash of pepper and vinegar. Mix well. Chill and serve with cold fish.

J. D. A.

FRENCH DRESSING

Soak one chopped onion overnight in ¾ cup vinegar. Strain. Add 2 tablespoons brown sugar, 1 tablespoon dry mustard, 1 teaspoon salt, paprika, one tablespoon worcestershire sauce, 1 tin tomato soup. Pour all the mixture in a quart jar. Fill jar with salad oil. Shake well each time before using.

Mrs. Everett S. Richards
Manila

HOLLANDAISE SAUCE

Take the yolks of 2 eggs and add a tablespoon cold water. Beat in sauce pan. Add juice of ½ lemon and tablespoon cream or rich milk, pepper and salt. Stir over heat. Take care to keep it smooth. Serve with all fish recipes.

J.D.A.

HORSE-RADISH SAUCE

Grate Horse-radish, add ½ teaspoon salt, pinch dry mustard, 1 teaspoon sugar and mix all well with a tablespoon cream. Then add a tablespoon milk to a desertspoon of vinegar. Make to a consistency of thick cream. Serve with meat.

J.D.A.

HOT FUDGE SAUCE

3 squares chocolate
1 Cup sugar
1 cup evaporated milk
¼ cup water
½ cup white corn syrup (Karo)
1 teaspoon vanilla

Melt chocolate in double-boiler and gradually add water. Stir until smooth. Add sugar and syrup. Cook to soft ball stage. Remove from fire and add evaporated milk; flavor and serve hot. Serves 6 to 8.

Mrs. E. P. J. Fee

HOT FUDGE SAUCE

1 square chocolate
1/3 cup boiling water
2 tablespoons corn syrup
1/8 teaspoonful salt.
1 tablespoon butter
1 cupful sugar
1/2 teaspoonful vanilla

Melt chocolate, add butter and blend. Add boiling water very slowly. Bring to a boil. Add sugar, corn syrup, and boil five minutes. Add vanilla and salt. Serve hot or cold. Very good with Vanilla Ice Cream.

Harriet Mills McKay
Surigao

MAYONNAISE SAUCE

4 egg yolks
1 tablespoon sugar
1 teaspoon salt
1 teaspoon prepared mustard
1 small can Wesson oil
Juice 1 Sunkist lemon

Mix well the egg yolks, sugar, salt and mustard. Then add oil very gradually until half is used, beating all the while. Add juice of 1/4 lemon and beat in well. Then add more oil, thinning as the mixture thickens with remaining lemon juice until all of oil and lemon are used, beating continously.

Rita J. Noel
Carcar, Cebu

MRS. POWERS' FRENCH DRESSING

8 tablespoons wesson oil
4 tablespoons cold water
4 tablespoons catsup
1 teaspoon paprika
3 tablespoons sugar
4 tablespoons vinegar
1 teaspoon salt
Dash of onion salt

Mix and shake well.

Mrs. Jack Laurence

MRS. HEAD'S FRENCH DRESSING

¾ cup sugar and
1 cup water. Boil to syrup (threads). Put in bowl
2 cups wesson oil or olive oil
1 cup Chili Sauce-Heinz
Juice of 2 lemons
3 tablespoons vinegar
2 tablespoons onion juice
Salt to taste

Add syrup to other ingredients. Let stand all night. Strain. Put in quart jar with clove of garlic.

Mrs. E. P. J. Fee

MOCK MAPLE SYRUP

1 cup brown sugar
1/3 cup water
Pinch salt
¼ teaspoon vanilla

Boil together one minute. Serve hot or cold.

Mrs. E. P. J. Fee

PINEAPPLE SAUCE

½ cup sugar
½ cup water
1 can crushed pineapple or fresh pineapple crushed.

Boil sugar and water five minutes. Add pineapple and cool. Mint or wintergreen added gives this sauce an unusual flavor. Serve with any Dessert.

J.D.A.

RUSSIAN DRESSING

1 can tomato paste (Sweet Basil flavored if possible)
1½ cups oil
1 cup vinegar
1 teaspoon dry mustard
¼ cup sugar
1 whole clove garlic
1 teaspoon salt
1 tablespoon worcestershire sauce
¼ teaspoon paprika

1/8 teaspoon tabasco sauce
Dash of mace (optional)
1 teaspoon grated onion

Mix all ingredients together thoroughly adding whole clove garlic at last.

Mrs. E. P. J. Fee

SALAD DRESSING

1 can tomato soup
1 teaspoon salt
1 tablespoon Lee and Perrins sauce
1 tablespoon sugar
1 teaspoon onion juice
3/4 cup vinegar
1/2 teaspoon pepper
6 cloves garlic
1 tablespoon paste mustard
1 cup salad oil

Mix altogether the above ingredients.

Irene Strong

SAUCE PIQUANT

1 cup white sauce
1/3 cup chopped sweet pickles or capers
2 hard cooked eggs

Mix ingredients in order given and serve hot with fish.

J.D.A.

SAUCE FOR PUDDINGS

2 heaping tablespoons butter
2 tablespoons flour
1 cup sugar

Mix sugar, flour, butter and add 1 cup boiling water, vanilla and nutmeg. Add brandy just before serving.

Jane Affleck

SAVORY DRESSING FOR TURKEY

8 to 10 cups stale bread cubes
Broth (Boil turkey wingtips, neck etc.) to moisten
½ teaspoon thyme
1 teaspoon poultry seasoning
½ minced onion
1 cup celery (if no celery try coconut heart with celery seed to flavor)
Turkey liver, rub to paste (chicken livers can be used)
½ cup melted butter
2 eggs beaten

Moisten bread slightly. Add other ingredients. Stuff turkey.

Mrs. E. P. J. Fee

SAVORY SALAD DRESSING

1 teaspoon salt
1 teaspoon celery seed
1 teaspoon chopped onion
4 tablespoons vinegar
2 tablespoons chili sauce
1 teaspoon prepared mustard
1 teaspoon paprika
4 tablespoons sugar
2 tablespoons catsup
1 cup olive oil or wesson oil.

Mix the ingredients in a deep bowl. Beat and chill. Add garlic if desired.

Mrs. M. E. Cleland, Jr.

SUET PUDDING SAUCE

Yolks of 3 eggs beaten till foamy
Whites of 3 eggs beaten till stiff
5 tablespoons sugar
1 tablespoon butter melted
5 tablespoons milk (hot

Add beaten whites to yolks, mixing thoroughly. Stir in sugar. Add butter and milk while hot, beating all well. Sherry or brandy to taste, to correct raw egg taste. This sauce has to be made at the moment of using. It may hot be left standing.

Mrs. Wislizenus

SUNSHINE SAUCE

1 cup sugar
2 egg yolks
1/3 cup of water
2 teaspoons vanilla
1 cup whipped cream

Boil sugar and water together to the soft ball stage (238ºF.). Pour this syrup over very stiffly beaten yolks of 2 eggs. Continue beating until creamy. When cold add vanilla and whipped cream, beat until fluffy. Very good with baked or steamed puddings.

Harriet Mills McKay
Surigao

SAUCE SUPREME

1 small onion
1 tablespoon butter
8 crushed pepper corns
½ small minced carrot
2 cups of brown sauce
2 tablespoon of mango chutney or cranberries
1 small piece of lean ham
½ cup vinegar
1 bay leaf
A little thyme and chopped parsley
½ glass port wine (optional)

Mince onion and ham. Fry in butter then add the vinegar and pepper corns, bay leaf, carrots and herbs. Cover the sauce pan and simmer for ten minutes. Then add sauce. Strain and add chutney well chopped. Reheat and serve. Serve with any game.

J.D.A.

SPECIAL BASTING SAUCE FOR BARBECUED STEAKS

1 cup salad oil
2 good sized onions grated
1 tablespoon salt
1 cup wine or wine vinegar
Garlic slices to suit the taste
1 teaspoon freshly ground black pepper

Mix the oil and vinegar. Add onion, garlic, salt and pepper. Pour into a glass jar and stir until the salt is dissolved. Let mixture stand overnight. Stir well before using.

M. E. Cleland, Jr.

WHIPPED CHOCOLATE SAUCE

2 teaspoons granulated gelatin soaked for 5 minutes in cold water. Add to 1 cup evaporated milk scalded in top of double boiler. Stir until dissolved. Add 2 squares unsweetened chocolate cut in small pieces. When melted, beat with rotary beater to blend well. Chill until icy cold. Whip until stiff. Fold in 1 teaspoon vanilla and ¾ cup powdered sugar.

Makes 2 cups. Lovely to serve on sponge cake or angel food for dessert.

Mrs. E. P. J. Fee

TOMATO SAUCE

2 cups cooked or canned tomatoes	1 teaspoon sugar
2 whole cloves	1 teaspoon salt
Few grains cayenne	3 pepper corns
2 tablespoons crisco	1½ tablespoons flour

Cook tomatoes, sugar, cloves, salt, cayenne and pepper corns together slowly for 20 minutes. Strain. Melt crisco, add flour and mix well. Add tomato juice and bring to boiling point, stirring constantly.

B. W R. A. Cook Book,
Davao

WALNUT SAUCE

3 tablespoons chopped walnuts	1 teaspoon flour
1 pint stock	Onion or tomato ketchup
1 teaspoon butter	

Heat butter in pan, add walnuts and fry until dark brown stirring well to prevent burning. Pour on stock and simmer slowly until just before serving. Add a teaspoonful of flour to thicken and a few drops onion or tomato ketchup. Serve with any game.

J.D.A.

Sweets, Desserts and Savouries

CANDIED JACKFRUIT

- 1 medium sized ripe jackfruit
- 1½ kilos sugar
- Lime powder diluted in water

Peel jackfruit, remove the seeds, then cut in halves. Soak in the lime and water mixture for one hour. Then wash with water three times and dry. In a native brass frying pan, place the fruit in layers, alternately with layers of sugar. Cook over low fire until the sugar is all dissolved, stirring only when necessary. Remove from pan and roll over sugar and let dry on Manila paper or waxed paper for 2 hours.

Maria J. Castillo

CHOCOLATE FUDGE

- 4 cups sugar
- ½ cup water
- 1 cup grated unsweetened chocolate
- 1 tablespoon butter
- 1½ cups evaporated milk

Mix the sugar, milk, water, butter and grated chocolate. Boil for about 20 minutes. When it becomes sticky, take it off the fire and cool. When the mixture is cool enough to be touched pour it on a table which has been well greased with butter and lard. Roll and when it becomes hard, cut into squares.

Mrs. Jose Agustines

GREEN PAPAYA PASTE

- 1 cup grated green papaya
- ½ cup sugar
- ½ cup coconut milk or evaporated milk
- Flavoring desired — vanilla, almond, etc.

Peel and grate green papaya. Work with salt and rinse well. Boil sugar and milk. Add papaya and cook until paste consistency. Roll on sugared board, pat into desired shapes and roll each piece in sugar and wrap in candy paper.

Miss Belleza Sales

HELENSBURGH TOFFEE

1 kilo or 4¼ cups sugar
1 can condensed milk
1 cup water
¼ pound or ½ cup butter
1 teaspoon vanilla

Melt the butter, add sugar, water and milk and beat slowly until the sugar is melted. Boil for ½ hour, stirring frequently, until the mixture forms a soft ball in water. Add vanilla and beat with a wooden spoon. Pour into buttered pan and cut in squares.

Mrs. G. C. Brown

GRAPEFRUIT PEEL

Cut the peel of 3 grapefruit into narrow strips about 2 inches long. Cover with cool water and add 1 tablespoon salt. Soak one hour. Bring to boil and boil 20 minutes. Drain and cover with fresh water and boil. Every 20 minutes change the water. Continue this procedure until the peel is soft. Drain, add 4 cups sugar and 2 cups water and boil until nearly dry. Remove from fire and when cool enough to handle, separate the peel and roll each strip in sugar.

Mrs. E. P. J.Fee

JACKFRUIT SEED PASTE

Cook the jackfruit seeds. When done peel the seeds and pass through a grinder. To 1 cup seed pulp add 1 cup sugar, ¼ cup milk. Cook the mixture until paste consistency, roll on sugared board, pat into desired shapes and roll each piece in sugar and wrap in candy paper.

Miss Belleza Sales

MARZIPAN WALNUTS

½ pound or 6 cups ground Almonds
6 ounces or 1 cup fine castor (granulated) sugar
6 ounces or 1¼ cups icing sugar
White of egg, beaten up high
Few drops vanilla flavouring

Mix well together, form shapes about size of a large pebble. Add half walnut to either side. Keep in tin, well duste with sugar icing.

S. Y.

ORANGE PEEL

Cut the peel of 4 oranges (large) into narrow strips about 2 inches long. Cover with cool water and boil 20 minutes. Drain and cover with fresh water and boil. Every 20 minutes change the water. Continue this procedure until the peel is soft. Drain, add 4 cups sugar and 2 cups water and boil until nearly dry. Remove from fire and when cool enough to handle, separate the peel and roll each strip in sugar.

Mrs. E. P. J.Fee

PEPPERMINT CREAMS

The whites of two eggs and enough icing sugar to form a stiff paste, and a few drops of peppermint. Mix well, roll out to ¼ inch. Cut in small moulds and spread on sheets of paper to set.

J. D. Anderson

UBE PASTE

Wash the ube and boil until very soft. Mash until fine. To 1 cup of the pulp add 1 cup sugar and ¼ cup milk. Mix well and boil down until to a paste consistency. Roll on sugared board, pat into desired shapes, and roll each piece in sugar and wrap in candy paper.

Miss Belleza Sales

GELATIN DESSERTS

CHERRY DELIGHT DESSERT

¼ pound almonds, blanched
1 dozen coconut macaroons
1 dozen marshmallows
1 dozen maraschino cherries
½ dozen slices pineapple, diced rather fine
1 box Knox Gelatine

Dissolve Gelatine in ¼ cup cold water. Add 1 cup boiling water, then 1 cup sugar to this mixture. Stir until well mixed and when cool add the above mixture and 1 pint of whipped cream. Stir well. Pour into molds, or into a loaf pan, and when it is cold and firm, cut into squares and serve with whipped cream.

Mrs. C.E. McAdam

CHOCOLATE CREAM JELLY

1 square Bakers unsweetened chocolate, cut in pieces
1 cup cold milk
1 tablespoon granulated gelatin
½ cup sugar
⅛ teaspoon salt
1 cup cream (If evaporated milk is used have it prepared for whipping)
1 teaspoon vanilla

Add chocolate to ¾ cup milk and heat, beat until blended. Soak gelatin in ¼ cup milk 5 minutes, add to hot chocolate mixture, add sugar and salt. Cool, add cream and vanilla. Chill until cold and syrupy. Place in bowl of cracked ice and beat until fluffy. Turn into mold and chill. Serves 6.

Mrs. E. P. J.Fee

GELATINA DE PINIPIC

- 1 bunch of gulaman
- 3 cups of boiling water
- 1 cup pinipic
- 2 cups sugar
- Coconut milk or juice squeezed from 2 fresh grated coconuts.
- 1 tablespoon butter

Wash the gulaman and boil with water and sugar. Remove from fire when gulaman is thoroughly diluted. Toast the pinipic in a frying pan with 1 tablespoon butter stirring constantly until toasted. Add the coconut milk to the diluted gulaman while hot. Once the mixture is less warm, pour in a mold and add the toasted pinipic. Chill in the icebox.

You can also serve this dessert in another way. Make the gulaman mixture and add ½ cup of the coconut. Then let it chill. When hard cut into very tiny cubes and mix with the toasted pinipic and the rest of the coconut milk.

Maria J. Castillo

MARSHMALLOW CREME

- 1 rounding teaspoonful Knox Sparkling Gelatine
- 1 cup cold water
- ¼ cup sirup from Fruit Cocktail
- 1¼ cups fine granulated sugar
- 1 egg white
- ¼ teaspoon salt
- ¼ teaspoon cream of tartar
- 1 teaspoon vanilla

Put ¾ cup water, sirup, sugar and cream of tartar in saucepan, bring to boiling point and let boil until syrup will spin a thread when dropped from tip of spoon (236° F.). Pour ¼ cup cold water in bowl and sprinkle gelatine on top of water. Add to hot syrup and stir until dissolved. Let stand until partially cooled, then add flavoring, salt and unbeaten egg white and beat until mixture becomes white and thick. Chill.

Rita J. Noel,
Carcar, Cebu

MARSHMALLOW CREAM PUDDING

1 envelope gelatin
1 cup sugar
½ cup cold water
½ cup hot water
4 egg whites
½ teaspoon lemon extract
4 tablespoons cocoa

Soak gelatin in cold water 5 minutes, or until dissolved. Place in double boiler and add hot water and sugar. Stir until dissolved. Let it cool, but not set. Beat the egg whites until stiff and gradually add gelatin mixture by tablespoons to beaten egg whites until all gelatin will be used.

Divide ½ of this mixture and season with extract. Add a small drop of food coloring. Pour this into mould to set. Add the other half of the mixture to the cocoa and pour into mould. (Melted chocolate with a little additional sugar may be used in place of cocoa.) Place in ice box to set.

Pedro Reambunanza

ORANGE FLUFF

Soak ½ teaspoon granulated gelatin in 2 teaspoons cold water for 5 minutes. Add 3/4 cup evaporated milk. Place in double boiler stirring all the time until gelatine is melted. Pour into bowl and place in ice box until icy cold.

Soak ½ teaspoon granulated gelatin in 4 teaspoons cold water 5 minutes. Add ½ cup orange juice, ¼ cup sugar to gelatine and put on fire to melt. Add little salt. Chill until nearly set. Whip cream, add orange gelatine mixture to cream. Fold it well. Add more sugar if needed, place in mold and return to ice box to set. Serve chocolate sauce if desired.

Pedro Reambunanza

STRAWBERRY DESSERT

- 1 can strawberries (run through fine strainer)
- 1½ packets Knox gelatin (dissolved in a little cold water.)

Heat strawberries after running through sieve. Add gelatin. Let mixture remain in ice box until cool. Then add 2 egg whites, well beaten. Add 1 can of Nestle's cream, well beaten, and fold together. Place in pyrex casserole and put in ice box. Top with whipped cream.

Mrs. Leonard Self

WONDER FRUIT CREAM

- 1 envelope Knox Sparkling Gelatin
- 3 cups milk
- ¾ cup sugar
- 6 egg yolks, slightly beaten
- 2 egg whites, stiffly beaten
- ¼ teaspoon salt
- 1 teaspoon vanilla
- Marshmallow creme
- 1¼ cups canned and drained fruit cocktail

Pour milk mixed with egg yolks and salt in top of double boiler and sprinkle gelatine on top of milk mixture. Place over hot water and add sugar. Stir constantly until sugar is dissolved and mixture is thickened. Remove from stove, flavor and fold the egg whites in lightly. Turn into a deep glass bowl and chill. When thoroughly chilled, cover with a layer of marshmallow creme and sprinkle with the fruits.

Rita J. Noel,
Carcar, Cebu

ICE BOX CAKES

CHOCOLATE ICE BOX CAKE

1 cup butter	2 dozen lady fingers
1½ cups powdered sugar	2 squares unsweetened chocolate
6 eggs	

Cream butter until very light. Beat in sugar, then egg yolks one at a time, add melted chocolate slowly. Fold in stiffly beaten egg whites. Place split lady fingers on bottom of pan, cover with mixture, add lady fingers and mixture alternately. Place in ice box 24 hours.

Mrs. G. C. Brown

CHOCOLATE ICE BOX CAKE

Cream two-thirds cup butter, gradually add one and one third cups confectioners' sugar and two egg yolks. Beat very thoroughly. Add two ounces melted chocolate and one-half teaspoon vanilla. Fold in two stiffly beaten egg whites. Line a six-inch spring-form mold with split lady fingers. Place them close together and use broken bits in the bottom. Pour in the chocolate mixture, chill one day. Remove the mold rim and decorate the cake with toasted coconut and whipped cream.

Mrs. C. H. Goebel

ICE-BOX CAKE (CAKE BORRACHO)

Cream Mixture

1 can evaporated milk	1 tablespoon cornstarch
10 tablespoons sugar	
1 cup water	

Combine and cook until a little heavy or thickened. Cool. Line a bowl with wax paper. Arrange a layer of lady fingers, moisten with about 2 tablespoons vermouth or moscatel wine. Spread part of cream mixture over lady fingers, cover with another layer of lady fingers. Repeat until cream is used, the last layer being lady fingers moistened with wine. Spread on top peach jam. Put in refrigerator for at least 12 or 18 hours. 1 hour before serving remove from container by lifting the wax paper. Cover with meringue.

Meringue

Boil 1 cup of sugar and ¼ cup of water until it spins a thread. Beat two egg whites. Gradually pour the hot sirup into the egg whites beating constantly.

Miss Cecilia Montenegro

MACAROON DESSERT

Crumble 12 macaroons, 12 marshmallows and ½ cup chopped walnuts. Fold in stiffly beaten whipped cream and let stand several hours before serving.

Mrs. Thelma Ellis

MARBLE ICE CHEST DESSERT

¾ cup butter
½ cup sugar
1/3 cup evaporated milk
1½ squares unsweetened chocolate
1-1/3 cups sweetened condensed milk
½ cup toasted almonds,
Chopped Lady Fingers

Cream butter, add sugar gradually and alternately with evaporated milk, beating constantly until the mixture is smooth, creamy and light. Set aside. Melt chocolate in double boiler. Add sweetened, condensed milk and water. Stir until mixture thickens. Line oblong loaf pan with wax paper and cover bottom and side of pan with a layer of three-fourths of the butter frosting. Then spread bottom of the butter covered pan with a thin layer of chocolate cream. Sprinkle with a part of the chopped almonds. Add a layer of lady fingers. Repeat until chocolate mixture and almonds are all used. Top with a layer of the remaining butter frosting. Chill in refrigerator for 24 hours or longer. To serve, cut in slices and garnish with whipped cream, sprinkled with chopped, toasted almonds.

Rita J. Noel
Carcar

ORANGE AND LEMON ICE BOX CAKE

1½ cups orange juice and rind
Juice of one lemon and rind
one lemon and rind
¾ cup sugar
3 tablespoons corn starch
3 tablespoons flour
¾ cup butter
1½ cups powdered sugar
6 egg whites
3 dozen lady fingers
6 egg yolks

Mix sugar, corn starch, flour and rind of orange and lemon, add juice and cook in double boiler until thick. Pour over the beaten egg yolks. Mix well and return to cook a few minutes longer. Cream butter, add powdered sugar and vanilla, add to first mixture, then combine with beaten egg whites. Line greased mold with lady fingers, pour in mixture alternating with more lady fingers. Place in frigidaire for 24 hours. Before serving cover with whipped cream. (Serves 10)

Mrs. F. M. Spence

PEANUT BRITTLE DELIGHT

1 pound peanut brittle candy (ground)
1 pound chopped marshmallows

Fold in beaten whipped cream and garnish with cherry.

Thelma Ellis

PINEAPPLE DELIGHT

Mix 1 can crushed pineapple and 12 marshmallows. Let stand over night. Fold in stiffly beaten whipped cream and serve with lady fingers.

Thelma Ellis

PINEAPPLE ICE CHEST CAKE

1 cup granulated sugar
3/4 cup evaporated milk
6 unbeaten egg yolks
3/4 cup sweetened condensed milk
1½ cups butter
1½ cups canned, crushed pineapple (well-drained)
3/4 cup pineapple sirup (drained from the crushed pineapple)
3/4 pound (48) marshmallows, cut in quarters
5 cups Graham cracker crumbs

Cream butter, add sugar gradually and alternately with evaporated milk and egg yolks, beating constantly until the frosting is smooth, creamy and light in color. Set aside.

Mix sweetened, condensed milk and pineapple sirup and cook in top of double boiler, stirring constantly, until mixture thickens. Then add the crushed pineapple and the marshmallows. Set aside to cool. Line a mold with wax paper and cover bottom and sides with a layer of butter frosting. Then sprinkle with cracker crumbs and pour in a layer of the pineapple and marshmallow cream. Repeat until all ingredients are used. Top with a layer of butter frosting. Place in refrigerator and let ripen for several hours before serving. Remove from mold to serving dish and garnish with whipped cream (if desired) and with half slices of canned pineapple and maraschino cherries. Will keep moist several days in refrigerator.

Consuelo S. Noel,
Carcar

PINEAPPLE TAPIOCA CREAM PUDDING

1/3 cup tapioca
1 can evaporated milk
1 can of water
1 cup sugar
1 teaspoon vanilla
2 eggs
1 can Nestle's Cream
1 medium size can of sliced pineapple
25 lady fingers or a small sponge cake

Combine water and milk, scald; then add sugar and tapioca. Cook in a double boiler till the tapioca is done. Cool slightly then add vanilla and the eggs. Mix well. Soak lady fingers in the pineapple syrup. Mince a few pieces of pineapple. In the bottom of the bowl put a layer of lady fingers and minced pineapple, then tapioca cream, alternating till the bowl is almost full. Whip the cream and spread on top. Garnish with pieces of pineapple. Chill, Serves 6.

Mrs. Luz M. Sanz

STUFFED ANGEL FOOD CAKE

Take an Angel Food Cake after it is cool and dig out a trench all around the edge.

Whip 1 pint of cream. Cut up 1 bottle of maraschino cherries, 1 cup nuts, and mix with the whipped cream. Add the crumbs of cake left from the trench. Fill the trench with this mixture. Slice—and serve plain or with whipped cream.

Mrs. C. E. McAdam

TRIFLE

Cover the bottom of glass dish with sponge cake cut two inches thick. Spread with raspberry jam. Pour sherry wine on top until sponge cake is soaked. Make an egg custard and pour on top, allow to set. Cover custard with chopped fruit, fresh or canned. Decorate with whipped cream and cherries.

Egg whites can be used in place of cream.

J. D. Anderson

ICE CREAMS

BAKED ALASKA

Sponge cake
1 pint frozen ice cream
2 egg whites, beaten stiff
1/3 cup sugar

Place about a 2 inch thick slice of sponge cake on baking board. Cover cake with ice cream. Fold sugar into beaten egg whites to make meringue and spread thickly over ice cream and sides of cake. Bake in hot oven, 400.ºF., about 6 minutes, or until meringue is lightly browned. Serve immediately.

Mrs. Esperanza Vda. de Velez

COCONUT ICE CREAM

Coconut Ice Cream for 6 or 8. You will need three coconuts. Drain and save carefully all the milk therein. Next grate the meat and put it in a bowl, saving out, however, about three quarters of a cup which is to be sprinkled over the ice cream before serving. To the grated coconut in the bowl, add four cups of boiling water. Beat thoroughly and work it together with a wooden spoon and let it stand ten minutes to cool. Now place a sieve over a bowl, line it with a large clean piece of heavy cheese cloth. Place about a third of the moist coconut in it, gather up the ends of the cloth and proceed to squeeze the cloth tight to extract every drop of the juice. Repeat the process until all the coconut has been squeezed dry of its own juice and the water which was poured over it. You should have about four and a half cups of milky water. Cover the bowl with wax paper and a plate and place in a refrigerator to cool thoroughly. The cream in the coconut will float to the top just as it does in real milk. When this happens skim it all carefully with a spoon. It should give you about one and a half cups of smooth delicious cream. Now measure out five or six tablespoons of sweetened condensed milk and thin it by adding one cup of the left over, now very watery looking, milky water. Add to this the coconut milk which you drained from the three coconuts, and last of all stir in the coconut cream. Altogether you should have about five cups of liquid ready to be frozen in the usual manner. Sprinkle the coconut that you held in reserve over the whole and garnish the dish with limes cut in quarters. A little lime juice is squeezed over the cream by each person before eating.

Mrs. Cyrus Padgett

FROZEN EGGNOG

8 whites of eggs—well beaten
8 tablespoons white sugar
8 tablespoons Pedro Domecq Brandy
1 teaspoon nutmeg
1 tablespoon vanilla
3 tins milk
Pinch of salt

Combine and freeze

Mrs. E. S. Richards, Manila

ICE CREAM
NO COOKING—NO STIRRING WHILE FREEZING

5 eggs (seven native eggs)
Pinch of salt
4 tablespoons granulated sugar Hershey's chocolate syrup) or (4 tablespoons chocolate malt powder
½ pint of whipping cream
Vanilla

Beat yolks and whites separately. Add pinch of salt and two tablespoons of sugar to whites when they are stiff.

After the yolks have been beaten very well, until they are light and lemon colored—add 2 tablespoons of sugar, and chocolate syrup—to each individual taste. Whip the cream stiff—stir into yolk mixture. Then add the whites—folding them in thoroughly. Pour into ice trays and put in the freezer of electric refrigerator. Do not stir while freezing—(Leave out the chocolate or chocolate malt powder, using the four tablespoons of sugar and additional vanilla—for a rich ice cream to use with Birdseye raspberries or strawberries.)

Harriet Mills McKay,
Surigao

MADELEINE GLACEE

1¼ cups sugar
6 egg yolks
2 cups of milk
Vanilla
½ cup whipped cream
½ cup of glace fruits chopped fine
½ glass of Kirsch

Combine first four ingredients and freeze in an ice-cream freezer. When the ice cream is done remove the dasher. Add whipped cream, glace fruits steeped in Kirsch.

Mrs. Rosario Gonzalez

MANGO SHERBET

4 cups mango pulp
1½ cups sugar
Juice of one orange
Juice of one lemon
½ cup water
1 egg white

Combine all but egg white. Freeze until partly frozen, mushy consistency. Beat egg white and fold into the partly frozen mango mixture. Continue freezing.

Maximino Ubongen

MERINGUE BASKET WITH ICE CREAM

Beat five egg whites until stiff. Fold in 1 cup of sifted sugar, 1 tablespoon at a time. Mix in 1 teaspoon vanilla and 1 teaspoon baking powder. Secure a mold that resembles a basket rather deep and round or oblong. Grease it and line with waxed paper also greased. Fill a pastry bag or paper funnel with meringue mixture. Press meringue into mold. On a separate greased sheet form a handle. Bake in a slow oven 250°F. for 2 to 2½ hours or until dry. Cool. Remove meringue from mold and fill with ice cream. Top with any preserved fruits. Put the handle on to resemble a basket.

J. D. Anderson

Suggestion by Mrs. D. C. Affleck:

Use ¼ teaspoon cream of tartar in place of baking powder in above recipe.

ORANGE MARLOWE

½ pound marshmallows
¾ cup orange juice

Melt together in top of double boiler. Let cool to jelly stage. Add 1 cup of whiped cream or Nestles thick cream. Stir thoroughly and freeze. Not necessary to stir during freezing.

Harriet Mills McKay,
Surigao

PAPAYA FREEZE

1 cup sugar
½ tablespoon lemon juice (or lime juice)
1½ cups orange juice
1 cup papaya pulp
2 cups rich milk

Mix all ingredients except milk and chill; gradually stir into milk and freeze in ice cream freezer. Makes 1½ quarts.

Mrs. John Heine

THREE OF A KIND MILK SHERBET

2 cups milk
1 cup sugar
3 oranges
3 lemons
3 bananas

Heat milk and sugar until dissolved. Cool and add juice of the oranges and lemons, the pulp of the well ripened benanas which has been put through a sieve. Freeze.

Mrs. Silvano Jakosalem

APPLE WHIP

1 cup strained apple sauce
1 cup orange juice
½ teaspoon Arrowrot
Whip cream
Brown sugar (if desired)

To the well strained apple sauce add one cup of orange juice into which you have dissolved the arrowroot; add a little brown sugar if the sauce is not sweet enough. Put into double boiler and stir until quite thick, cool and add to whip cream.

Mrs. Samuel Frank,
Davao

APPLE CRISP

7 or 8 apples, peeled, cored and sliced. Put in greased casserole and sprinkle with
¼ cup water
½ cup brown sugar
Cinnamon and nutmeg
Cover with
1 cup brown sugar
1 cup flour
½ cup butter

Mixed Together.

Bake one hour in moderate oven. Nuts may be added. Serve with plain or whipped cream.

Mrs. E. P. J. Fee

BREAD CRUMB PUDDING

8 eggs
255 grams or 1 cup sugar
170 grams or ¼ cup chopped walnuts
¾ cup powdered bread crumbs
1 teaspoon cloves
1 small glass cognac
1 teaspoon cinamon

Beat well 4 egg yolks; beat the other 4 yolks with sugar until the latter dissolves, then mix with the first four yolks. Add nuts, bread crumbs, cloves and cinnamon. Add well beaten egg whites, then the cognac. Pour into a pan greased with butter and powdered with bread crumbs. Bake in moderate oven.

Mrs. A. Palacio

ICING

3 egg yolks
½ cup sugar
½ cup cognac
½ cup water

Beat egg yolk and add the rest of the ingredients. Cook slowly in a double boiler, stirring constantly, and when thick spread on pudding.

Mrs. A. Palacio

BREAD PUDDING

1 pint scalded milk
Yolks of four eggs well beaten
¾ cup sugar
Butter size of an egg
Grated rind of one lemon

Mix above ingredients and add to one pint bread crumbs. Bake in slow oven for one hour or more. Test like you do custard. Stir three or four times during the first half hour of baking. Remove from oven and cover with meringue made with the four egg whites and eight tablespoons of granulated sugar beaten up together and the juice of one lemon. Set in oven for 30 or 40 minutes or until brown.

Mrs. S.P. Briggs,
Kolambugan

CHOCOLATE SPIFF PUDDING

1½ cups flour
½ cup shredded suet
1 cup milk
½ cup brown sugar
1 teaspoon bicarbonate of soda
½ teaspoon cocoa
Some raisins

Well grease a basin, and decorate the bottom with raisins. Sieve flour and cocoa, add suet and mix well. Add soda to milk, and mix immediately into dry ingredients. Put into prepared basin, which should be 2/3 full. Cover tightly with greased paper, and steam 4-5 hours. Unmould and serve with hot chocolate sauce.

Mrs. R. Connor

CHRISTMAS PLUM PUDDING

3-1/3 cups Raisins
¾ cup currants
1½ cups sultanas
4¼ cups Suet
4½ cups Breadcrumbs
1 jigger brandy
9 eggs
3 teaspoons citron
3½ teaspoons orange peel
1/3 cup sugar
½ teaspoon nutmeg
¼ teaspoon salt
½ pint of milk, or little more

Mix all dry ingredients, add the liquid, and mix well. Put into two well greased basins (1 large and 1 small, or 2 good medium size, these must be full). Cover with buttered paper and pudding cloth, and boil for 8 hours. Remove cloth, wash same, and re-tie on pudding to hang up till Christmas.

Mrs. R. Connor

COCONUT CREAM

2 cups coconut milk
½ cup of water
½ cup evaporated milk
1 cup sugar
1 teaspoon cornstarch
½ cup shredded coconut

Combine first five ingredients and cook over slow fire till thick. Pour into a bowl. Brown the shredded coconut and add to the cream.

Mrs. Luis Aboitiz

CORN FLAKE PUDDING

2 cups Corn Flakes
2 cups milk
½ cup molasses
½ cup sugar
2 eggs well beaten
Salt
1/3 teaspoon ginger

Put corn flakes in buttered baking dish. Mix other ingredients and pour over. Bake in 250°F oven until firm. Serve with cream.

Mrs. E. P. J. Fee

CREPE SUZETTE
FRENCH PANCAKES

2 eggs
1 cup flour
½ cup milk
½ cup water
2 teaspoonful sugar

A little vanilla flavoring, just a little nutmeg. Mix with an egg whip. Then strain through a fine strainer and fry like ordinary pancakes.

II

Make hard sauce using any sweet brandy for flavoring put 1 teaspoonful in the center of each pancake and roll.

III

Put pancakes into a chafing dish and pour over the top the following:

1 wine glass Rum
1 wine glass Apricot brandy
1 wine glass Cherry brandy
2 wine glass Pedro Domecq

Add a little of any other brandy we have in the house at the time.

Light the brandy, toss the liquor over the cakes until the brandy is all burned out.

Mrs. M. E. Brink

DATE CRUMB TART

- 2 tablespoons bread crumbs
- 1 cup sugar
- 1 cup nuts coarsely chopped
- 17 dates, diced
- 1½ teaspoons baking powder

Mix. Lastly, add the stiffly beaten whites of 3 eggs. Bake about 45 minutes in a slow oven. Serve sliced with whipped cream.

Mrs. C. E. McAdam

DATE PUDDING

- 1 cup chopped nuts
- 1 cup chopped dates
- 3/4 cup sugar
- 1 egg beaten
- 3 tablespoons flour
- 1 teaspoon baking powder
- 1 cup milk
- (Vanilla and salt)

Bake in shallow pan about 20 minutes or 30. Serve with whipped cream.

Mrs. M. E. Brink

DATE SANDWICH PUDDING

- 1 pound dates, stoned, cut, and cooked with about a half cup of water and ½ cup sugar
- 2 cups Quick oats
- 2 cups white flour
- 1 teaspoon soda
- 1 teaspoon baking powder
- Pinch of salt
- 1 cup brown sugar
- 1 cup butter (cold-worked in like shortening)
- No liquid

Mix all together except the date mixture—put a layer in a baking dish. Add all the dates—and then put the last layer of first mixture. Bake in medium hot oven—until thoroughly done. Serve with whipped cream. May be baked in five layers (2 date—3 dough).

Harriet Mills McKay,
Surigao

GUAVA DESSERT

6 ripe guavas roasted over the coals
1½ cups coconut Milk (gata)
Sugar to sweeten

Crush the soft roasted guavas, after peeling, and mix thoroughly with the sweetened coconut milk. Serve very cold.

Mrs. Vicente Gullas

GOLDEN PUDDING

½ cup bread crumbs
½ cup flour
½ cup suet—chopped finely
A little sugar
1 egg
Enough milk to soak breadcrumbs
2 tablespoons marmalade

Mix all dry ingredients, beat eggs and add marmalade and soaked crumbs. Place in basin and steam 1½ hours. Serve with marmalade sauce.

V. B.

INDIAN PUDDING

1 quart milk (half evaporated milk and half water)
3 tablespoons corn meal
2 small eggs
½ cup of molasses
Salt to taste

Cook 3 cups of the milk and other ingredients in double boiler until thick. Then put in baking dish and cook for one half hour. Add other cup of cold milk and cook two or three hours. Serve with whipped cream, hard sauce or butter.

Mrs. Everett S. Richards
Manila

MANGO PUDDING (FILIPINO DESSERT)

12 egg yolks
3 cups sugar
2 regular size mangos (well ripe)
1 grated fresh coconut
1 cup evaporated milk
½ loaf American bread
1 small box raisins

Make a syrup with the sugar and ½ cup water. Grate the coconut and ½ of it mixed with ¼ cup water and press out the milk.

Peel the mangos and cut into regular pieces. Cut the bread into small pieces. Mix all the ingredients and add 3 tablespoons butter. Put in a pudding pan and cook in a double boiler for about an hour and a half.

Pacita C. Vda. de Aberasturi

MOCK PLUM PUDDING

1 cup each of grated raw carrot and potato
2/3 cup sugar
1/3 cup melted shortening (If butter, use ½ cup)
1 cup whole wheat flour
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon all spice
½ teaspoon cloves

Mix and add 2 cups of raisins. Steam three hours or more. Serve with hard sauce.

Mrs. M. E. Cleland, Jr.

PINEAPPLE UPSIDE DOWN CAKE

Melt one half cup of butter in large frying pan. Add one cup brown sugar and spread evenly. Place one slice of the cored pineapple ring in center on top of sugar. Cut the rest of the slices in half crosswise. Arrange these in a circle around the center like spokes of a wheel, rounded edges facing one way. Fill spaces with walnut meats and candied cherries.

Make sponge cake batter. Beat yolks of three eggs, add one cup white sugar and five tablespoons of pineapple juice. Sift in one cup of flour and one teaspoon baking powder. Fold in well beaten egg whites. Pour over fruit. Bake 45 minutes to 1 hour in moderate oven 350°F. When done turn upside down on cake plate.

Mrs. M. P. Sands

QUEEN PUDDING

2 tea cups bread crumbs
3 tea cups milk
1 teaspoon butter
1 tablespoon sugar
2 egg yolks
A little vanilla

Boil milk and pour over crumbs, add butter and sugar and steep for a few minutes. Add yolks of eggs. Bake till set. Spread top of pudding with jam. Beat 2 whites of eggs with 2 tablespoons of sugar to make meringue and put in cool oven to get firm.

V. B.

RED SQUASH PUDDING

2 cups cooked and mashed red squash
1 tall can evaporated milk
1 cup granulated sugar
½ cup water
2 eggs
3 egg yolks
⅛ teaspoon cinnamon
3 tablespoons butter
½ cup sliced (1 inch long) native white cheese

Mix the squash and the milk. Cook sugar and water slowly without stirring until syrup spins a very fine thread. Add one half of the syrup to the squash mixture. Then add the slightly beaten egg and egg yolks with the cinnamon and butter.

Pour the remaining syrup in the pyrex dish and spread well on the bottom and sides. Then pour the squash mixture and sprinkle top with the white cheese.

Place filled pyrex dish in shallow pan of boiling water and bake in moderate oven (350ºF) until done and top is golden brown.

Soledad N. Marcial
Carcar

STRAWBERRY SHORT CAKE

2 cups flour
1/3 cup sugar
4 teaspoons baking powder
½ teaspoon salt
2 egg yolks
1/3 cup butter
1/3 cup milk

Mix dry ingredients and sift twice, work in shortening, add eggs well beaten, and milk. Bake in round tin or pie plate. Split cake and spread lower layer with cream sauce I or II. Cover with crushed strawberries. On top again spread with sauce and garnish with whole berries.

Cream Sauce I

¾ cup thick cream
½ teaspoon vanilla
½ cup powdered sugar

Beat cream slightly and add sugar gradually while beating constantly. Add vanilla and a few grains salt when stiff enough to hold its shape.

Cream Sauce II

1 egg
1 cup confectioners' sugar
½ cup thick cream
½ teaspoon vanilla

Beat white of egg until stiff, add yolk of egg well beaten and sugar gradually. Beat cream until stiff, combine mixtures and flavor.

Caridad Jakosalem

STRAWBERRY SHORTCAKE

6 eggs
1½ cups white sugar
1¾ cups cake flour
6 tablespoons cold water
Salt
1 teaspoon vanilla
6 baskets of fresh strawberries
1½ teaspoons baking powder
Nestle whipping cream or chilled and whipped Nestle evaporated milk

Separate the eggs. Beat the whites until stiff but not dry, then add one yolk at a time and one tablespoon of sugar until all are used up. Sift the flour and baking powder and salt together three times. Fold the flour in with the spatula, alternately with the cold water, then add the flavorings. Put into two greased and floured pans and bake at 375° F. for 25-30 minutes. Cool and put together with washed and hulled berries, combined with powdered sugar to sweeten them. Pile the whipped cream on top and keep chilled until serving time.

Mrs. Helen Marcuson

SUET PUDDING

1 cup beef (kidney) suet chopped fine
1 cup molasses
1 cup milk
3 cups flour
1 cup raisins
1 cup currants
½ cup mixed candied orange peel, citron and lemon peel
1 teaspoon soda

Stir soda into molasses, beating till molasses is light in color. Add ingredients in order. Put into tins and steam three hours. Above quantity makes 2 one-pound or 1 two pound pudding. Serve with Suet Pudding Sauce.

Mrs. C. Wislizenus

THE ENCHANTED PUDDING

2 cups undiluted evaporated milk
5 egg yolks, slightly beaten
2/3 cup sugar
2½ teaspoons cornstarch
¼ cup water, cold
1 teaspoon vanilla
⅛ cup chopped maraschino cherries
⅛ cup chopped canned or candied pineapple
⅛ cup chopped candied orange peel
⅛ cup chopped candied citron
⅛ cup chopped figs
⅛ cup chopped walnuts
Cooked Meringue

Mix in double boiler the milk, egg yolks and sugar. Cook, stirring constantly, until slightly thickened. Mix cornstarch with the cold water, add this to the first mixture. Continue cooking, stirring constantly, until thickened; cool slightly, then add vanilla, fruits and nuts. Dip tiny individual molds in cold water. Place in each a piece of cherry, pineapple, orange peel, fig, citron or walnut. Then fill each mold with cream and chill. Spread cooked

Meringue on a serving dish and unmold the chilled cream on it.

Consuelo C. Noel,
Carcar

COOKED MERINGUE

6 tablespoons water
6 egg whites
¼ teaspoon salt
1½ cups sugar
1½ teaspoons gelatine
1½ teaspoons water
½ teaspoon vanilla

Put water, egg whites, salt and sugar in top of double boiler and beat to blend ingredients. Soften gelatine in 1½ teaspoons cold water. Cook egg white mixture over boiling water, beating constantly 3-4 minutes or until meringue piles into glossy peaks. Add gelatine and beat vigorously 1 minute. Remove from heat and beat over cold water until cool. Flavor.

Consuelo C. Noel,
Carcar

WINDSOR PUDDING

1 cup sago
1 cup sugar
1¼ cups raisins
1 cup shredded suet
1¼ cups breadcrumbs
1 teaspoon bicarbonate soda
1 teaspoon salt

Mix all the dry ingredients, add milk to make rather moist. Put into well buttered basin, cover well, and steam 3 hours.

Mrs. R. Connor

PIE HINTS

Keep shortening in refrigerator until ready to use. Have water iced. In warm weather, it is a good plan to chill the flour and lard mixture before and after adding the water. It will take a little longer, but success is more certain. Pastry may be mixed in quantity, wrapped in heavy waxed paper and stored in refrigerator for several days to a week.

Cut shortening into flour until the mixture is coarse and granular. A dough blender or knives are better than fingers and quick work is a virtue at this point.

Cold water should be added a little at a time, tossing the mixture with a fork until all particles are moistened. Press into a ball.

Rolling out the dough calls for a delicate touch. Place ball on a lightly floured board or canvass, roll with short strokes toward the edges, keeping it round. Roll an eighth inch thick. Never turn dough while rolling. Lift with spatula and dust board with flour, if it sticks. Never pull or stretch the dough. The dough for the upper crust is rolled thinner than for the bottom crust.

For a crisp lower crust, roll out pastry, line the pie pan, being sure no air lurks beneath the surface, for the air, expanding in baking, will push the crust out of shape. Place in refrigerator to chill 2 to 3 hours. Do not cover. Remove from refrigerator while preparing the filling. Fill pie and bake. In making custard pies, the crust should be baked at a high temperature until set, about 5 minutes, then the filling added and the baking continued at a low temperature until custard is done.

Use pyrex or enamel pie pans for fruit and custard pies. With very juicy fruits, the lower crust may be brushed over with egg white to aid in achieving a tender and flaky lower crust. A little thickening helps, too, but men, those judges of good pie, do not like too much of any kind of thickening so use it sparingly.

To make pie shell, roll out pastry, fit into pan, prick all over to allow air to escape, and bake. To bake an *unpricked* shell, line one pan with pastry and place same size pie pan on top. The two pans are now inverted and baking is done in the usual way.

Mrs. Myron Brink suggests a good way for a crisp pastry is to roll out regular pastry, spread with butter, fold, roll out, spread with butter, repeat two more times.

PIE CRUST

Mixture No. 1
1½ cups bread flour
¾ teaspoon salt
½ cup lard or shortening
3 to 4 tablespoons ice water

Mixture No. 2
2¼ cups sifted cake flour
¾ teaspoon salt
¾ cup shortening
Ice water

Blend flour and salt. Cut in lard with a fork or pastry blender just until the dry flour disappears, and the mixture is coarse and crumbly. Add water gradually and blend. Don't add any more water than is absolutely necessary to make the dough stick together. Chill until ready for use.

HOT WATER PIE CRUST

½ cup lard or shortening
½ cup boiling water
3 cups flour
1 teaspoon baking powder
1 teaspoon salt

Pour boiling water over lard. Add flour, baking powder and salt which have been sifted together. Chill thoroughly.

TART SHELL (French)

2 cups or 250 grams flour
1 cup or 125 grams butter
6 tablespoons cold water
½ teaspoon salt

Sift flour several times. Combine ingredients and work with the hands. Knead for a very short time. Let mixture stand in a refrigerator or in a cool place for two hours. Place the dough over a small linen towel and roll with a rolling pin to the thickness desired. Place on a pie plate. Prick the dough with a fork. Cut a piece of paper large enough to cover the bottom of the plate; grease this paper and place over the dough and bake in a hot oven. Fill with any fruit or custard mixture.

Mme. Jeanne Arnault

ANGEL PIE

- 4 egg whites
- 1 cup sugar
- ½ teaspoon cream of tartar

Beat egg whites until foamy, then beat in the cream of tartar and gradually the sugar. When stiff enough to hold shape spread in a slightly buttered 10" pie pan. Bake 40 minutes at 300 degrees. Cool while making the following filling:

- 4 egg yolks
- ½ cup sugar
- 2 teaspoons grated lemon rind
- 1 cup whipped cream
- 2 tablespoons lemon juice

Beat egg yolks until thick and lemon colored. Beat in sugar, lemon juice and rind. Cook in double boiler until thick. Cool. Fold in cream whipped until stiff. Pour into cooled shell and chill 24 hours in refrigerator.

Florence Sanders

BROWN SUGAR PIE

Bake in standard pie crust a filling made by stirring up the following ingredients:

- 2 cups brown sugar
- 2 tablespoons butter
- 2 big eggs or 3 small ones
- 2 tablespoons milk
- 1 teaspoon vanilla extract

Mrs. E. B. Mullaney

CHIFFON LEMON PIE

5 eggs (Filipino) or
4 American eggs
1 cup sugar
1 tablespoon butter
Grated rind and
juice of two lemons

Beat yolks till foamy. Add sugar, butter, rind and juice of lemon. Cook over hot water till mixture thickens well on side of pan.

Fold in stiffly beaten whites of eggs. Cook about one minute. Put in baked pie shell. Cover with meringue as thick as desired—whites of at least two eggs.

Brown lightly in oven.

Mrs. C. Wislizenus

COCONUT PIE

1 cup scalded milk
1/3 cup sugar
2-2/3 tablespoons flour
⅛ teaspoon salt
2 egg yolks
2 cups shredded
coconut
1 teaspoon vanilla

Mix sugar, flour and salt. Add egg yolks, slightly beaten. Pour on scalded milk gradually, while stirring constantly, and cook in double boiler fifteen minutes. Stir constantly until mixture thickens, and afterwards occasionally. Cool, and add coconut and vanilla. Pour into baked pie shell and cover with meringue.

Mrs. Floyd Hawk

COCONUT STRAWBERRY CREAM TARTS

1 cup cream, whipped
1 egg white stiffly
beaten
¼ cup sugar
½ teaspoon vanilla
1½ cups Bakers coconut
1 cup sweetened sliced
strawberries
6 baked 3½ inch
tart shells

Combine cream, egg, sugar, vanilla, and one cup of coconut. Place strawberries in tart shells, pile cream mixture on top, and sprinkle with remaining coconut. Place one whole strawberry on top. Serve at once.

Mrs. Samuel Fraser
Davao

EGG NOG PIES

½ cup whipped cream
4 eggs
1½ cups milk
1 tablespoon Knox gelatine
½ teaspoon salt
1 cup sugar
1 teaspoon vanilla
5 tablespoons Brandy

Whip yolks of eggs, add milk and ½ cup of sugar. Cook about 5 minutes, stirring constantly. Add whipped cream and mix until all is thick and sticky. Add gelatine which has been dissolved in cold water. Let mixture cool. Add vanilla and brandy. Add whites beaten stiff with ½ cup of sugar stirred in gradually. Pour mixture into baked and cooled pie shells-individual shells or one large one. Dust with nutmeg and cinnamon. Place in refrigerator for 2 hours.

Mrs. Neil Crawford
Del Monte Plantation

GRAHAM CRACKER PIE

20-25 Graham crackers
1 teaspoon cinnamon
½ cup melted butter
1 recipe cream filling
4 egg whites

Roll Graham crackers fine with rolling pin. Then mix well with melted butter and cinnamon. Pat this mixture into pie plate firmly, covering bottom and side evenly, saving out about 3 tablespoons. Bake in preheated oven at 375 degrees for 15 or 20 minutes.

CREAM FILLING

½ cup sugar
2 tablespoons flour
2 cups milk
2 tablespoons butter
½ teaspoon vanilla
2 egg yolks

Mix dry ingredients. Scald milk in double boiler. Stir milk slowly into dry ingredients. Add butter and egg yolks. Cook on low fire, stirring constantly. Add vanilla.

Jean Miller

LEMON PIE

1 cup sugar
2 tablespoons cornstarch
2½ tablespoons flour
2 whole eggs
1 extra egg white
2 tablespoons butter
1 cup boiling water
Juice of two lemons
Rind of one lemon
¼ teaspoon salt
4 tablespoons sugar for meringue

Mix flour, salt, cornstarch and sugar, and add boiling water gradually, stirring constantly. Add melted butter and cook over hot water till very thick and clear, about thirty minutes. Add lemon juice, rind and the slightly beaten egg yolks. Cook ten minutes longer. Cool and turn into a baked pie shell. Cover with a meringue made from the stiffly beaten whites and 3 tablespoons sugar. Dust top with remaining sugar and brown in a slow oven (300-325° F.).

Mrs. R. W. Gorler,
Surigao

MAKAPUNO PIE

3 cups grated makapuno
¾ cup sugar
1 cup water
1 cup sweetened condensed milk
1 egg yolk

Cook together the makapuno, sugar and water until thick and makapuno is done. Then add the milk and let boil for three or four minutes over slow fire. Before removing from fire beat in the egg yolk. Then fill pie shell and cover with remaining pastry, prick top with fork and brush with slightly beaten egg. Bake in moderate oven (350º F.) until nicely brown.

Mrs. Soledad N. Marcial,
Carcar, Cebu

MALLOW-TOPPED BANANA PIE

2½ tablespoons cornstarch
2/3 cup sugar
¼ teaspoon salt
2 cups evaporated milk
3 diced bananas
3 slightly beaten egg yolks
2 tablespoons butter
½ teaspoon vanilla
½ cup whipping cream
½ cup chopped walnut meats

Crumb Crust Pie Shell
Marshmallows

Mix sugar, salt, cornstarch and egg yolks. Add scalded milk gradually, stirring constantly to keep mixture smooth. Cook 5 minutes in double boiler. Add bananas and cook 8 minutes longer or until mixture is smooth and thick. Remove from heat. Beat in butter and vanilla. Cool. Fold in whipping cream, beaten stiff. Fill pie shell with alternate layers of cooled filling and chopped walnuts. Cover completely with marshmallows. Toast their tops by slipping the finished pie in the oven or under a broiler flame for a few seconds to brown.

Consuelo C. Noel,
Carcar, Cebu

Crumb Crust Pie Shell

¼ cup sugar
½ cup melted butter
2½ cups Graham cracker crumbs
2 egg whites, unbeaten

Butter sides and bottom of a pyrex pie pan and cover with crumb mixture, pressing evenly. Chill before using.

Consuelo C. Noel,
Carcar, Cebu

MANGO WALNUT CRUMB PIE

2 cups sliced fresh mangoes
1½ cups sugar
½ cup water
¼ cup tapioca
¼ teaspoon salt
4 egg yolks
2 tablespoons butter
1½ cups milk (evaporated)
¾ teaspoon vanilla extract
¾ cup crushed walnuts
Sunkist meringue
Crumb Crust Pie Shell

Select firm and ripe mangoes. Wash, pare and slice them. Then measure. Cook mangoes in syrup made of 1 cup of the sugar and ½ cup water. When they are evenly cooked and syrup is almost absorbed, remove from fire.

Scald milk in top of double boiler. Mix sugar, tapioca, salt and slightly beaten egg yolks and add to the scalded milk. Place over rapidly boiling water and cook until thickened (10-20 minutes after water boils again) stirring frequently.

Remove from fire. Add butter and the cooked mangoes (drained). Cool. Stir in vanilla. Pour into Crumb Crust Pie Shell; sprinkle ½ cup of the walnuts on top of it and cover it with Sunkist Meringue. Bake 15 to 20 minutes in a slow oven to set meringue. Few minutes before removing from oven sprinkle with remaining walnuts.

Lourdes Noel,
Carcar, Cebu.

Crumb Crust Pie Shell

2½ cups Graham cracker crumbs
1/3 cup sugar
½ cup melted butter
1 egg white

Mix well the crumbs, sugar and butter and egg white. Butter sides of pan and cover sides and bottom with crumb mixture.

Sunkist Meringue

3 egg whites
6 teaspoons sugar
¼ teaspoon baking powder
1 teaspoon grated orange peel (Sunkist)

Beat whites until frothy, add sugar mixed with baking powder, gradually. Continue beating until stiff. Beat in grated rind. Cover pie.

Lourdes Noel,
Carcar, Cebu

MINCE MEAT FOR PIES

1 pound or 3 cups raisins
1 pound or 3 cups currants
1 pound or 3 cups sultanas
2 pounds or 8 apples
¾ pound or 1½ cups mixed peel
½ pound or ¼ cups Demerara or brown sugar
Pinch of salt
1 teaspoon cinnamon
Juice and rind of one lemon
1 tablespoon or more Brandy
3 ounces or 1 cup shredded suet

Stone raisins, prepare currants and sultanas, peel and core the apples. Chop all finely except the currants, which are added last with the cinnamon, sugar, salt, grated lemon rind and juice, and the brandy. Mix well together put into clean dry glass jars, cover and store in dry place.

Mrs. R. Connor

MINCE MEAT FOR PIES

6 apples
½ pound grapes
1-½ cups Currants
Grated rind and juice of one lemon or of one orange.
⅛ teaspoon cinnamon
Pinch of salt
1½ pounds (or 4½ cups) Raisins
1 cup brown sugar
½ cup mixed peel

Peel, core and slice the apples, stone the raisins, wash and dry the currants, cut the peel, and chop all finely together, adding the sugar, which makes them easier to chop. Skin and stone the grapes, putting the pulp into a basin and press well with a wooden spoon. Then add all the ingredients, and mix very thoroughly. Put into a jar and tie closely down at once.

N.B. If wanted richer a smaller quantity of apples can be used, and it is often prepared without the candied peel.

The grapes are used instead of suet; they make the mincemeat more luscious and yet more digestable than if the suet is only cooked about 20 minutes or ½ an hour when the pies are baking. If wanted to be eaten cold, they are also much better without the suet.

Jenny D. Anderson

MY PIE

2 tablespoons butter
¼ cup lard
½ teaspoon salt
4 tablespoons milk
1 cup flour
¼ teaspoon baking powder

Cream butter and lard, add milk, salt, flour and baking powder. Roll out and place in pie platter.

FILLING

1 cup sugar
½ cup butter
½ teaspoon cinnamon
½ teaspoon nutmeg
1 teaspoon vinegar
½ cup nut meats
½ cup raisins
2 eggs

Cream butter and sugar, add cinnamon, nutmeg, vinegar, nuts and raisins, add beaten eggs. Pour in uncooked crust. Bake.

Annie Lee Cooley,
Zamboanga

ORANGE CHIFFON PIE

(Filling for one 9-inch pie)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
1 teaspoon grated orange rind
1 cup orange juice
1 cup sugar
½ teaspoon salt
1 tablespoon lemon juice

Add one-half cup sugar, lemon and orange juice and salt to beaten egg yolks and cook over boiling water until of custard consistency. Soften gelatine in cold water. Add to hot custard and stir thoroughly. Add grated orange rind. Cool. When mixture begins to thicken fold in stiffly beaten egg whites to which the other one-half cup sugar has been added. Fill baked pie shell or graham cracker crust and chill. Just before serving spread over pie a thin layer of whipped cream.

Clemente Iratogotea

PINEAPPLE ANGEL PIE

Mix and mold into 9-inch pie tin:

1 cup flour
½ cup butter
2 tablespoons sugar

Bake in 450° oven 10 to 12 minutes.

Cook together

2 egg yolks (large)
1 cup sugar
1 cup crushed pineapple and juice
½ cup water
4 tablespoons cornstarch

Cool. Then add:

3 egg whites beaten
1 cup cream whipped
1 teaspoon lemon juice

Pour into baked crust. Keep in refrigerator.

Mrs. E. P. J. FEE

PUMPKIN PIE

¾ cup sugar
2 whole eggs
1 cup canned Pumpkin
1/3 cup melted butter
Pinch of salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1 tablespoon flour, which is to be mixed with the sugar
1 cup milk (½ cup evaporated milk, ½ cup water).

Mix the ingredients. Bake in a pie tin lined with a rich pastry. Bake in moderate oven.

Mrs. C. E. McAdam

SWEET POTATO PIE

2 cups mashed sweet potato
1 cup coconut milk
½ cup evaporated milk
½ cup sugar or less

Mix first three ingredients beating well. Add sugar. Pour into pie plate and bake until slightly brown; place meringue on top and bake until the meringue is browned.

Mrs. Luiz Aboitiz

CHEESE SOUFFLE

- 6 tablespoons butter
- 6 tablespoons flour
- 1 cup and 2 tablespoons evaporated milk (heated)
- 1 cup and 2 tablespoons water
- ½ teaspoon salt
- dash cayenne pepper
- ¾ pound American cheese (cream)
- 9 eggs separated

Melt butter in the top of a double boiler, add flour, and blend. Add hot milk, salt and cayenne. Cook until smooth and thickened, stirring constantly. Turn off heat and add the cheese, which has been grated. Stir until cheese is melted and the mixture is smooth. Add beaten yolks of eggs, while stirring, and mix well. Cool the mixture. Fold in the stiffly beaten egg whites. Bake in a greased 3-quart casserole in a slow oven of 300° F. for one and a half hours.

Serve at once. (Serves 6 generously).

Mrs. A. A. Brown
Davao

WELSH RAREBIT

- 1 tablespoon butter
- ¼ teaspoon mustard
- Few grains cayenne
- One egg
- 1¾ pounds nippy cheese
- ¼ teaspoon salt
- Worcestershire sauce
- ½ cup beer

Put butter in chafing dish, add cheese and seasonings, and melt. Add ale gradually, stirring constantly, add beaten egg last and serve on toast.

Mrs. F.M. Spence

Hot Breads

ALL BRAN PECAN MUFFINS

2 tablespoons shortening
¼ cup sugar
1 egg
1 cup All-bran
3/4 cup milk
1 cup flour
½ teaspoon salt
2½ teaspoons baking powder
½ cup chopped pecans

Cream shortening. Add sugar and egg; beat until creamy. Stir in bran and milk, let soak until the moisture is taken up.

Sift flour, salt and baking powder together; add with the nuts to the first mixture and stir until the flour disappears. Fill greased muffin tins two-thirds full. Bake at 400° for 30 minutes.

Mrs. P. H. Sanders

BISCUITS

3 cups flour
4 tablespoons shortening
4 teaspoons baking powder
1 teaspoon salt
2/3 cup milk

Cut shortening into sifted dry ingredients. Add liquid to make a soft dough. Roll lightly into a sheet about ½ to 1 inch thick, cut into rounds and place on a greased baking sheet. Bake in a hot oven 450° F. for 12-15 minutes.

Virgina Johnson

BANANA BREAD

1 cup sugar
½ cup shortening
Pinch of salt
3 ripe mashed bananas
1 tablespoon soured evaporated milk (Add 2 drops vinegar to sour)

2 eggs, beaten lightly	1 teaspoon soda
2 cups sifted flour	½ cup chopped walnuts

Cream the sugar, shortening and salt. Add mashed bananas, eggs and flour. Stir in sour milk, soda and walnuts. Bake slowly. Makes one loaf.

Mrs. Harry Morton
Davao

CINNAMON ROLLS

4 tablespoons Crisco	1 teaspoon salt
¼ of 20 cents Bakers yeast	4 tablespoons sugar
	2 cups fresh milk

Mix together all ingredients in a bowl with enough flour until thick. When it has doubled its size knead on board adding flour until dough does not stick to the hand.

Roll out and spread with raisins, sugar and chopped nuts. Cut in ½ inch slices. Put in pan to rise. Cook in oven 500º temperature, using first only the bottom unit. When brown on the bottom use only the top unit and reduce heat to about 400° temperature. Allow 15 to 20 minutes for cooking.

Marie Laurence

CORN MEAL MUFFINS

2 cups corn meal	1 teaspoon salt
1½ cups butter milk	1 level teaspoon soda
1 egg	

Beat egg slightly and put into milk. Mix with dry ingredients and beat well. Put in greased hot muffin rings and bake in a quick oven. This is a favorite southern recipe.

Mrs. C. E. McAdam

CORN BREAD STICKS

½ cup corn meal
¼ cup flour
1 egg beaten (lightly)
¼ teaspoon salt
2 teaspoons baking powder
1 tablespoon melted butter or bacon grease

Sift all ingredients together. Add slightly beaten egg and melted butter, add ½ Carnation milk 1/2 water until slightly thin. Bake in hot greased muffin pans or iron corn stick pan, for about 20 or 25 minutes in hot oven. If butter milk is used add ½ teaspoon soda to above recipe.

Mrs. L. L. Self

MOTHER CLELAND'S DOUGHNUTS

1 cup sugar
1 tablespoon melted lard
2 eggs
1 teaspoon soda in
1 cup of sour milk
Pinch of salt
Nutmeg
½ teaspoon vanilla
1 teaspoon baking power in
2 cups flour or enough to roll out soft as possible.

Cut and drop in deep fat.

Mrs. M. E. Brink

DOUGHNUTS (BY REQUEST)

1/3 cup melted shortening
2/3 cup sugar
2 eggs, or 4 egg yolks
1 teaspoon Baking powder
1 teaspoon soda
1 teaspoon salt
½ teaspoon nutmeg
¼ teaspoon Cinnamon
4 cups all purpose flour
1 cup sour milk

Blend shortening, sugar and eggs until creamy. Sift baking powder, salt and spices with 3-1/2 cups flour and stir into first mixture alternately with the sour milk to which the soda has been added. Mix until smooth, chill dough about ½ hour and use remaining flour for rolling.

Handle dough as little as possible when rolling and cutting and let stand on board ½ hour before frying.

Grace Rigby

FRUIT NUT BREAD

½ cup dried apricots
1 large orange
Boiling Water
½ cup raisins (grind)
1 teaspoon soda
2 tablespoons butter
1 teaspoon vanilla
1 large egg beaten

2 cups bread flour or a little more
¼ teaspoon salt
2 teaspoons baking powder
½ cup sugar
½ cup chopped nuts

Soak apricots ½ hour. Squeeze juice from orange into cup, fill cup with boiling water. Put apricots, orange rind (whole orange) and raisins through food chopper. Add orange juice and water. Stir in soda, sugar, butter and vanilla. Add egg to remaining dry ingredients sifted together. Add nuts. Bake 50 minutes in 350°F. oven.

Mrs. Everett S. Richards,
Manila

EVER READY DOUGH

Quick Easy Rolls, Coffee Cake, etc.

1 pint milk
½ cup shortening
1 yeast cake
7 cups flour
½ teaspoon soda

1 teaspoon baking powder
1 teaspoon salt
½ cup sugar

Scald the milk. While warm, add ½ cup shortening. Dissolve one yeast cake in one cup tepid water. Mix 4 cups of flour, soda, baking powder, salt and sugar. When milk is cool mix all and beat thoroughly. Let stand in warm place two hours. (Should rise three times original size). Then add three cups flour. Knead well. Put in ice box until chilled. Then cover. Will keep indefinitely. To bake, pinch off desired quantity. Keep in warm place until double in size. Bake in quick oven.

Mrs. William Gohn,
Davao

HAM TEA RING

- 1 cup scalded milk
- ⅛ cup boiling water
- 2 tablespoons butter or margarine
- 2 tablespoons sugar
- ¾ teaspoon salt
- 3 egg yolks, well beaten
- ½ yeast cake dissolved in
- ⅛ cup lukewarm water
- Flour (about 3½ cups)
- ¾ cup ground ham
- Melted butter or margarine

Put shortening, sugar, salt in large bowl. Add milk and boiling water. When lukewarm, add dissolved yeast cake to which the egg yolks were added. Stir in half of the flour. Mix thoroughly with knife or spoon. Add remaining flour gradually, using just enough to prevent sticking. Turn on floured board, leaving a clean bowl. Knead until mixture is smooth and elastic to touch and bubbles may be seen under the surface. Return to bowl, cover with clean cloth and let rise until double in bulk. Cut down and toss on slightly floured board. Roll with rolling-pin as thin as possible. Spread with melted butter and sprinkle with ground ham. Roll like a jelly roll and join ends to form ring. Let rise until light and well puffed on a buttered pan. Just before setting it aside to rise cut roll with scissors, holding scissors perpendicularly and shape. Bake 25 minutes or until done and golden brown in moderately hot oven 375° F.

Consuelo C. Noel,
Carcar, Cebu

MUFFINS

2 cups flour
2 tablespoons sugar
4 teaspons baking powder
½ teaspoon salt
2 eggs, beaten
1 cup milk
3 tablespoons melted fat

Sift together dry ingredients. Mix milk with beaten egg and add to dry ingredients. Stir well together and add melted fat. Bake in greased muffin tins in a hot oven of 400° F. for 25 minutes. Makes 11 muffins.

Virginia Johnson

NUT BREAD

2 cups sour milk
2 cups Graham flour
1 cup white flour
1 cup sugar
½ teaspoon salt
1 teaspoon soda
1 heaping teaspoon baking powder
1 cup nut meats —cut, not chopped

Cook in slow oven 1 hour.

Mrs. C. Wislizenus

NUT BREAD

1 egg
½ cup sugar
1 cup sweet milk
2½ cups of flour
4 level teaspoons baking powder
1 cup nuts
1 cup dates cut fine

Beat egg light, add sugar, beating into the egg, all milk, flour and baking powder, sifted together, pinch of salt, nuts and fruit. Put in tin, let rise 30 minutes in warm place, bake 40 minutes in medium oven.

Maude Brink

OATMEAL BREAD—TWO LOAVES

1 cake compressed yeast
¼ cup lukewarm water
1 teaspoon white sugar
1 tablespoon salt
1 cup rolled oats
1 cup cold water
¼ cup Crisco
¼ cup brown sugar or molasses
1 cup boiling water
5½ cups "all purpose flour"—about

Crumble yeast in small bowl. Add white sugar and lukewarm water, and set in warm place until light and spongy (about 15 minutes). Combine fat, salt, brown sugar and rolled oats in large bowl, add boiling water. Stir until fat is melted then add cold water; add yeast mixture. Add flour gradually mixing until stiff dough. Knead on floured board until smooth. Place in greased bowl, cover and let rise until double in bulk (2 hours.) Shape dough into loaves, place in greased bread pans. Let rise, double in bulk—1 hour. Bake in oven 425° F. 14 minutes; reduce heat to 375° and bake 30 minutes longer. Remove from pans, brush with butter. Let stand free from drafts.

Mrs. Ray Flatland

POP-OVERS

1 cup milk
3 eggs
½ teaspoon salt
1 cup flour sifted
2 teaspoons melted butter

Beat eggs, add milk and salt. Add melted butter and flour. Beat 1 to 2 minutes. Pour into greased pyrex cups or pop-over pans or even muffin tins will do, and bake 35 to 45 minutes in 425°F. oven.

Mrs. E.P.J. Fee

POTATO PANCAKES

3 cups raw potatoes — grated very fine
1 small onion — chopped very fine
1 teaspoon salt
1 egg well beaten

Combine all the ingredients and stir well before dropping each cake on the iron. Preheat the cooker about 8 minutes. Butter slightly. In pouring the mixture on the iron spread it so as to make a thin cake. Bake like regular pancakes. These are delicious served in place of potatoes with a roast and brown gravy.

Mrs. C. J. Martin

RAISIN ROLLS

2 cups flour
5 teaspoons Baking Powder
1 teaspoon salt
2 tablespoons Sugar
3 tablespoons Crisco
2/3 cup milk
1 teaspoon melted Crisco
½ cup raisins
¼ cup chopped nuts
½ teaspoon cinnamon

Mix and sift flour, baking powder, salt and 1 tablespoon sugar. Cut in crisco with knife. Add milk gradually and mix to a soft dough. Roll out on floured board. Brush over with melted crisco. Sprinkle with raisins, nuts, 1 tablespoon of sugar, and cinnamon. Roll like jelly roll and cut ¾ inch slices. Put in greased pan and bake in quick oven, 425° F., 15 minutes.

Mrs. Dave Affleck

RICE CAKES

A recipe from Sulipan, Pampanga

1 liter of rice
10 egg yolks
2 tablespoons butter

Soak the rice in water for about an hour then grind it. Add the egg yolks and mix well; put in the butter and mix thoroughly. If the mixture is too dry add a little water or milk. Roll on a floured board to a thickness of about ½ inch and cut with a cookie cutter. Drop in boiling water and leave them for about five seconds. Place on a plate to dry. Bake in moderate oven till golden brown.

Mrs. V. Posadas

STEAMED BROWN BREAD

½ cup sugar
2 cups white flour
3 cups Graham flour
¾ cup raisins
2 cups sour milk
½ cup dark molasses
2 teaspoons soda
2 teaspoons salt
½ cup chopped nuts

Cream sugar and molasses; add sour milk, soda, raisins, salt and flour. Mix well; add nuts and steam in greased cans, ¾ full, for 2½ hours.

Mrs. L. F. Lang,
Surigao

TEA ROLLS

1st mixture
½ cup lukewarm water
½ cup evaporated milk
1 teaspoon salt
1 cake compressed yeast
3 cups flour

2nd mixture
8 egg yolks
8 cups flour

¾ cup olive oil
¾ cup evaporated milk
¾ cup butter
1 cup sugar

Dissolve yeast in lukewarm water and add other ingredients of 1st mixture and mix well. Place this dough into a greased receptacle large enough to hold at least three times its bulk. Grease top of dough, cover receptacle and set in warm place. Let rise for two hours. Add all of the ingredients of 2nd mixture to 1st mixture and knead very well. Again grease receptacle and top of dough and let rise for two more hours or till it has doubled its bulk. Tear dough into pieces, the size of a walnut, roll each ball into any desired shape. Brush dough with butter and roll lightly. Place on baking sheet at least an inch apart. When doubled in bulk, brush tops with beaten egg yolk (2 are enough for this recipe) and bake in a hot oven 400° F. till delicately browned. Makes about 60 rolls.

Mrs. M. Planas

CORN FRITTERS

1-1/3 cups flour
2 teaspoons baking powder
1 egg
¼ teaspoon salt
2/3 cup milk
1 cup canned corn

Sift flour, measure and again sift with dry ingredients. Beat egg and milk together. Combine mixtures, add corn. Preheat cooker about 8 minutes. Brush the grids lightly with melted butter and bake the fritters in the same manner as hot cakes.

Mrs. C. J. Martin

GOLLORIAS (FRITTERS)

½ cup Crisco
½ teaspoon salt

¾ cup sugar
3 eggs
½ cup water
¼ teaspoon baking soda
6 cups flour
3 teaspoons baking powder

Cream Crisco and sugar, add well beaten eggs and mix well. Add baking soda and salt which have been melted in the water and add to the mixture. Sift one cup of flour with baking powder and add to the first mixture.

Sift the remaining flour and add. Knead well and cut in small pieces (like five centavo pieces) press on the back of a fork and roll. Fry in deep fat.

Make a syrup with one and one-half cups water and two cups sugar. When the syrup is thick, add the fritters stirring constantly till the fritters are completely coated and till the moisture is gone.

Mrs. A. Palacio

FLUFFY PANCAKES

1½ cups flour
2½ teaspoons baking powder
2 tablespoons sugar
¾ teaspoon salt
2 eggs beaten until light
1⅛ cups milk
3 tablespoons melted shortening

Add milk and butter to egg. Add mixed dry ingredients and stir vigorously until dry ingredients are just dampened. Preheat iron 8 minutes. It will not be necessary to grease the iron.

Mrs. C. J. Martin

GRIDDLE (GIRDLE) CAKES

1½ cups stale bread crumbs
½ cup flour
¾ teaspoon salt

1½ cups scalded milk
2 tablespoons butter
2 eggs well beaten
4 teaspoons baking powder

Scald milk. Sift flour, salt and baking powder together. Add milk and butter to the finely crumbed bread and soak until crumbs are soft. Add eggs. Add flour mixture. Cook as any griddle cake. Makes 12.

Mrs. P.H. Sanders

LINCOLN PANCAKES

1 cup sifted bread flour
½ cup yellow corn meal
1 teaspoon salt
1 teaspoon baking powder
½ teaspoon soda
¼ cup sugar

Sift together

1 egg
2 tablespoons melted butter
1½ cups sour milk

Beat and add to dry mixture mixing only until all ingredients are moistened. Drop by tablespoon onto hot griddle.

Mrs. E. P. J. Fee

MONTALONGON HOTCAKES

3 cups flour
2 teaspoons baking powder
½ teaspoon salt
2 eggs
1¾ cups milk
4 tablespoons shortening

Sift dry ingredients together. Add egg yolks, milk, and shortening. Beat egg whites until stiff and fold in as you would for waffles.

Mrs. M. E. Brink

FRENCH TOAST

2 eggs well beaten
2 teaspoons sugar
¼ teaspoon salt
2/3 cup milk
Stale bread sliced ½ inch thick

Add sugar, salt and milk to the eggs. Dip the sliced bread in the egg mixture, and soak until soft. Fry toast until evenly browned on both sides.

Mrs. C. J. Martin

PLAIN WAFFLES

2 cups all purpose flour
3 teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
2 eggs separated
1½ cups milk
6 tablespoons melted butter or other shortening

(Bacon or sausage drippings make an excellent shortening for this recipe).

Beat egg whites until stiff but not dry. Combine and sift the dry ingredients. Beat the egg yolks until light, then add the milk. Add dry ingredients and mix until the batter is smooth. Fold in beaten whites. Preheat the iron until it is smoking hot. This should require about 11 minutes.

Mrs. C. J. Martin

MOTHER CLELAND'S WAFFLES

2½ cups milk
4 teaspoons salt
4 tablespoons brown sugar

Mix all in bowl—separate 4 eggs—beat yolks, add to above mixture, 2 cups of flour, stir smooth. Add 1¼ cups melted shortening. (I use part butter and Wesson Oil or Crisco). Add balance of flour. Do not beat too much. Then add 4½ teaspoons calumet Baking Powder, and the whites of eggs beaten stiff—dip up from bottom of bowl while cooking.

Mrs. M. E. Brink

WAFFLES

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
2 eggs
1¾ cups milk
4 teaspoons melted shortening

Sift together dry ingredients; add slightly beaten egg yolks and milk; beat thoroughly; add shortening. Fold in stiffly beaten egg whites. Bake in hot waffle iron until brown. Makes 4 large waffles.

Fitz L. Reed

Bread for sandwiches should be cut very thin and spread lightly with softened butter. If crusts are removed sandwiches will be greatly improved and look more dainty.

The spread or filling may be prepared before hand and the sandwiches made up at the last moment, or they may be made up two or three hours before serving and covered with a clean damp napkin.

Sandwiches cut in fancy shapes are especially attractive for parties. Cookie cutters in the form of animals may be employed in the making of sandwiches for children's party.

GINGER AND PINEAPPLE

Take equal parts of preserved ginger and pineapple, chop together, put on thin slices of buttered bread.

J.D.A.

LOAF SANDWICH

1 steam bread(sandwich bread)
Creamed butter
Sliced tomatoes
Sliced baked ham
Chicken sandwich spread
Lettuce
Mayonnaise
Liver spread
2 Philadelphia cream cheese

Remove crust from six sides of the loaf. Slice lengthwise into five slices about ½ inch thick. Butter each slice. Place sliced ham on bottom slice. Lay the second slice over ham. Cover with lettuce leaves and spread Mayonnaise. Add slices of tomatoes and spread with mayonnaise. Cover with the third slice of bread. Over this spread the chicken sandwich spread and cover with fourth layer of bread. Spread liver spread on fourth layer and lay the last slice of bread. Slice about ½ inch thick with very sharp knife. But do not separate the slices. Allow it to remain in the same loaf shape. Transfer to a large platter with great care and spread all sides with the beaten Philadelphia cream cheese (which may be thinned with about two spoons of milk). Garnish with parsley. Put in ice box until ready to serve.

M. Osmeña

RAISINS AND NUTS

Chopped raisins and any kind of nuts, mix together with little mayonnaise, place between slices of bread and butter.

J. D. A.

ROYAL SANDWICHES

½ cup of shrimps
1 teaspoon minced onion
1 chopped chilli
Salt
Mayonnaise

Chop shrimps, onions and chillies very finely, season with salt and moisten with mayonnaise. Spread between buttered brown bread and cut into fancy shapes.

J. D. A.

BAKED BEAN SANDWICH

3 cups canned beans (Pork Tomato sauce type—Heinz or Libby's)
8 olives chopped
4 sweet Gerkins chopped

Put beans through sieve and mash out lumps. Add salt, Gerkins, olives and enough mayonnaise to make a smooth filling, spread between buttered slices of brown bread.

J. D. A.

CELERY SANDWICHES

Shred celery very fine. Moisten with cream, pepper and salt to taste. Place between thin slices of buttered bread.

J.D.A.

CHICKEN SANDWICH

Chop cooked chicken, mix in mayonnaise and place on bread and butter (chopped pickles or olives may be added).

J. D. A.

CUCUMBER SANDWICHES

Thin slices of cucumber soaked in vinegar. Drain well, place between thin slices of brown bread and butter.

J. D. A.

EGG AND TOMATO SANDWICH

2 tomatoes
2 hard boiled eggs

Chop eggs roughly. Scald and skin the tomatoes and mash with a fork. Add to the eggs. Moisten with mayonnaise, spread on rolls of buttered bread.

J. D. A.

Cakes and Cookies

CAKE HINTS

Here in the Philippines it is often necessary to increase the amount of baking powder, sometimes even to doubling it. Native eggs are small, almost half the size of an American egg.

Measure each ingredient accurately. Sift flour before measuring. Sift the sugar if there are any lumps in it.

If hard shortening is used, cream it before you add the sugar. For the finest flavor, use butter. If substituting unsalted shortening, add more salt (about double the amount the recipe calls for).

Beat the eggs well before adding them to the creamed sugar and shortening. Then beat vigorously. This is the point where your beating will do the most good. For best results in beating eggs, remove them from the refrigerator several hours before using. They beat up lighter and more quickly when not too cold. This is of special importance in making angel food cake. More air can be enclosed in egg whites if they are beaten with a wire whisk instead of a rotary beater.

Add the flour and liquid in thirds. Over-beating after flour and liquid have been added causes a cake to have large holes.

Divide baking time into quarters. If you need to move the cake, do not move it until the end of the first quarter.

The cake is done when (1) it has risen to its full height and has delicate brown crust; (2) it has shrunk away slightly from the sides of the pan; (3) when pressed lightly by finger, it springs back and there is no imprint; (4) a wire cake tester or toothpick inserted in center of cake comes out clean and dry.

Oven temperatures are called *slow*—250ºF. to 350ºF.
Moderate—350ºF. to 400ºF.
Hot—400ºF. to 450ºF.
Very Hot—450ºF. to 550ºF.

If there is no oven thermometer available, set a pan sprinkled with flour in heated oven. In a *slow* oven, the flour turns delicate brown in 5 minutes, in *moderate* oven, golden brown in 5 minutes, in *hot* oven deep dark brown in 5 minutes, in *very hot* oven deep dark brown in 3 minutes. These tests may also be made with white unglazed or tissue paper.

Pans in which cake is baked should fit the yield of the recipe. Place pans as near center of oven as possible. Do not place one pan directly over another.

Cool cakes thoroughly before frosting.

To substitute cocoa for chocolate in a recipe, use ¼ cup cocoa and ½ tablespoon additional shortening for each square of chocolate (unsweetened) called for. For chocolate flavor in cakes that contain no shortening, such as sponge and angel food cakes, cocoa is preferred. Sift the cocoa with the flour.

Cake troubles. If the cake has large holes, it was probably beaten too long. If it is sugary on top, it was not beaten enough. If the top cracks, it was baked in too hot an oven. If it is course-grained, the sugar-egg-shortening mixture was not beaten thoroughly.

It is important to dust fruit with flour before adding to cake mixture. This will insure even distribution of the fruit.

A REALLY GOOD CAKE has a moist, tender crumb, an even texture, a level top, delicious flavor and a slightly brown, tender crust.

ANGEL FOOD CAKE

1 cup egg whites
¼ teaspoon salt
1½ cups sugar
1 cup Swans Down Flour
1 teaspoon cream of tartar
1 teaspoon vanilla
½ teaspoon almond

Add salt to egg whites and beat until foamy. Add cream of tartar and beat until stiff. Add half of the sugar, 2 tablespoons at a time folding carefully. Add flavoring. Add rest of sugar to flour and sift five times. Fold in carefully. Bake in ungreased tube pan at 350° F. for 35 minutes. Do not open oven door while baking.

Mrs. P. H. Sanders

BANANA LAYER CAKE

1½ cups sugar
½ cup butter
½ cup sour cream
1 teaspoon soda
3 bananas
½ cup chopped walnuts
2 teaspoons baking powder
2 cups flour
2 eggs
1 teaspoon vanilla

Cream butter and sugar. Add beaten egg yolks, next add milk with soda. To this add dry ingredients. Then add mashed bananas, nuts, vanilla and lastly fold in stiffly beaten egg whites. Bake in moderate oven 25 minutes. Makes 2 layers.

Thelma Ellis

BIBINCA CARNIVAL

(Old Filipino Cake.)

½ tin pure condensed milk
1½ cups coconut milk
6 egg yolks
3 tablespoons melted butter
1 cup water
1½ cups flour
1 cup sugar

Mix well all the ingredients and place in regular sized molds and cook in moderate oven.

Pacita C. Vda. de Aberasturi

CANADIAN GINGERBREAD

3 cups flour
1 cup sugar.
1 cup syrup
1 cup butter
1 cup milk
½ teaspoon baking soda
1 egg
3 teaspoons baking powder
1 teaspoon each ground ginger and cinnamon
¼ pound raisins, if desired.

Mix all the dry ingredients together. Melt butter and syrup, add the egg well beaten. Mix all together, stirring in the milk last. Bake in moderate oven for ¾ hour, in well greased flat pan.

Mrs. R. Connor

CHOCOLATE CAKE

2 cups sifted flour
1/3 cup cocoa
2 cups sugar
2/3 cup butter
1/3 cup evaporated milk
1/3 cup water
1 tablespoon lemon juice
5 teaspoons baking powder
¼ teaspoon salt
3 tablespoons Karo Syrup
5 eggs

Sift flour three times with salt. Mix water and milk together and add lemon juice to make it sour. Cream butter and sugar, and the yolks of eggs and beat well till creamy. Add the syrup and mix slightly; add flour and sour milk alternately and mix well. Add the baking powder and stir, then fold in the stiffly beaten egg whites. Pour into a greased pan and bake at a temperature of 350° F. (electric oven).

Mrs. V. Aboitiz

CHOCOLATE DUMP CAKE

Into a bowl put 2 squares of bitter chocolate cut fine or 4 rounded tablespoons Cocoa. Add 4 tablespoons butter. Add ½ cup boiling water. Stir until butter and cocoa or chocolate are melted. Add 1 cup suger. Beat well. Add 1 cup of cake flour which has been sifted with 1 teaspoon soda and ½ teaspoon baking powder and pinch of salt. Beat well, Add ¼ cup* sour milk. Beat well, add 1 large or 2 small eggs unbeaten. Beat well. Add 1 teaspoon vanilla. Bake in a greased wax paper lined pan —about 7" x 12" size for 20 to 25 minutes in a 375° F. oven.

* Make sour milk:

2 tablespoons water
2 tablespoons can milk
½ to 1 teaspoon vinegar or lemon juice

Mrs. Ray Flatland

CHOCOLATE FUDGE CAKE

½ cup shortening
1¼ cups sugar
2 eggs separated
2 cups sifted cake flour
½ teaspoon salt
1 teaspoon soda
1 cup sour milk (or sweet milk)
2 squares chocolate
1 teaspoon vanilla
½ cup coarsely chopped nuts

Cream shortening and sugar thoroughly. Blend in well beaten egg yolks. Sift flour, soda and salt together. Add to creamed mixture alternately with milk. Blend in melted chocolate and vanilla. Add nuts which have been floured a little (nuts are optional). Fold in beaten egg whites last. Bake in 2 round 8 inch layer pans (greased and floured) 30 minutes at 350º F.—moderate oven. Frost with Fudge Frosting.

Mrs. M.P. Sands

CHOCOLATE NUT CAKE

½ cup butter or shortening
2 cups brown sugar
2 eggs
1 cup sour milk
2 squares (ounces cooking chocolates)
1 teaspoon baking powder
1 teaspoon baking soda
1 tablespoon boiling water
2 cups flour
½ teaspoon salt
1 cup chopped nut meats

Cream shortening with half the sugar, gradually adding remaining sugar. Next add beaten egg yolks, then sour milk, chocolate melted over hot water, soda dissolved in boiling water, nuts, and flour, salt and baking powder sifted together. Lastly fold in stiffly beaten egg whites and bake in greased loaf cake pan in moderate oven about three--quarters of an hour. Frost when cold with plain white frosting and decorate with halves of nut meats. (This recipe serves eight to ten).

Helen Schlinger,
Davao

CHRISTMAS FRUIT CAKE

6 tablespoons butter
6 eggs (Filipino size)
Currants, raisins, candied peel, cherries, nuts, etc., to make 1 cup or more
Brandy if desired.
1½ cups flour
6 tablespoons sugar

Beat butter and sugar very lightly for about 15 minutes, drop in one egg, beat well for about 5 minutes. Add each egg separately and beat about 5 minutes between each. Very lightly fold in the flour. Dust fruit with flour and mix and add with brandy last. Put into a paper lined greased tin and bake in oven (350º F.) about 1½ to 2 hours.

This makes one small cake.

Mrs. G. C. Brown

COFFEE CAKE

¼ cup shortening
½ cup brown sugar
2 eggs, large
2 cups sifted flour
½ teaspoon salt
3 teaspoons baking powder
1 teaspoon cinnamon
¾ cup milk
1 teaspoon vanilla

Cream shortening and sugar together. Beat one egg and one egg yolk reserving one egg white for topping, and add to creamed mixture. Sift dry ingredients together and add alternately with the milk. Mix into smooth batter and add vanilla. Pour into well-greased, paper-lined pan 8 inches square. Bake at 375ºF. for 25 minutes. Spread sugar-nut topping on bread and continue baking for 5 minutes.

Mrs. Augustin Jereza

Sugar-Nut Topping

2 tablespoons butter
3 tablespoons brown sugar or molasses
½ cup confectioner's sugar
½ cup chopped nuts
One egg white, beaten

Combine all

Mrs. Agustin Jereza

CREAM PUFFS

½ cup butter or lard
1 cup boiling water
1 cup bread flour
4 eggs (large)

Add butter to water and heat. When butter melts, add flour all at once. Stir vigorously until ball forms in center of pan. Remove from fire. Add eggs one at a time, beating after adding each egg. Mixture should be very stiff. Shape on buttered cookie sheet—this may be dropped from spoon or pastry bag used. Bake until free from moisture at 400ºF. Cool and fill with custard sauce, whip cream or ice cream.

Mrs. E.P.J. Fee

CREAM PUFFS

1 cup boiling water
2 cups flour
1 cup butter
3 eggs
3 teaspoons baking powder
⅛ teaspoon salt

Boil the water, salt and butter. Add flour, stirring it into the boiling water and butter (already off the fire). Stir briskly and mix well until the mixture cools off. Gradually, mix in the eggs, then fold in the baking powder. Bake in a hot oven in rounded forms dropped from a spoon, until golden brown. When cool, open the sides and fill with cream filling. Glaze the top with thick hot syrup.

Mrs. Jose Agustines

Cream Filling

- 2 cups evaporated milk
- 2 eggs
- ¾ cup sugar
- 1/3 cup flour
- ⅛ teaspoon salt
- 2 teaspoons vanilla

Beat the eggs, sugar and salt. Add the flour, mix well. Add the scalded milk, stir, then cook the whole mixture on a slow fire (better in a double boiler if possible) until it thickens to the desired consistency. (Cake fillings must be less thick than cream puff fillings.)

Mrs. Jose Agustines

ECLAIRS AU CAFE

- 125 grams or 1 cup flour
- 100 grams or ½ cup butter
- 15 grams or 1 tablespoon sugar
- 3 grams or ½ teaspoon salt
- 1 cup water
- 4 or 5 eggs

Put water, butter, sugar and salt in a pan; when this mixture boils add flour and stir vigorously till the mixture forms into a ball. Remove from fire; add eggs one at a time beating well after each addition or till the dough is fluffy. Shape like a lady finger about 7 to 8 centimeters. Brush with egg yolk mixture with a little water. Bake in a hot oven 15 to 18 minutes. When the eclairs are brown cover with paper and let dry. Fill with the following cream filling:

- 100 grams or ½ cup butter
- 100 grams or ½ cup sugar
- 3 egg yolks
- 1 tablespoon potato flour or arrowroot
- ¾ cup strong coffee

Beat the eggs with the sugar and the arrow root or potato flour. Add the coffee and cook over a slow fire stirring constantly till the mixture thickens. Add creamed butter.

Mrs. Rosario Gonzalez

DEVILS FOOD CAKE

½ cup Crisco
1½ cups sugar
1 teaspoon salt
2 teaspoons vanilla
3 egg yolks
4 squares unsweetened chocolate
3 cups cake flour
1½ teaspoons soda
1 teaspoon baking powder
1¾ cups sour milk or butter milk

Blend crisco, sugar, salt, vanilla and egg yolks. Add melted chocolate, then add sifted dry ingredients alternately with milk. Bake in three 9-inch layer tins for thirty minutes in moderate oven (350°F.). Ice with Boiled Icing. Put orange filling between layers.

Orange Filling

1 cup sugar
5 tablespoons flour
Grated rind of one orange
½ tablespoon crisco
1/3 cup orange juice
½ cup water
1 tablespoon lemon juice
1 egg

Mix sugar, flour, and salt together. Add the beaten egg, orange juice, rind and water. Cook in double boiler until thick, add Crisco, lemon juice and mix well, cool, spread between layers of cake.

Mrs. F. M. Spence

FEATHER SPICE CAKE

2½ cups sifted Swans Down Cake Flour
2½ teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon mace
¼ teaspoon cloves

½ cup butter or other shortening
1 cup sugar
2 eggs, unbeaten
1/3 cup molasses
¾ cup milk

Sift flour once, measure, add baking powder, salt, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add eggs, one at a time, beating thoroughly after each addition. Then add molasses and blend. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in two greased 9-inch layer pans in moderate oven (375°F.) 25 to 30 minutes or until done. Spread Fluffy Mocha Frosting between layers and on top and side of cake; sprinkle nuts on sides. Double recipe to make three 10-inch layers. (All measurements are level.)

Mimi Pipe

FRUIT CAKE

2 cups flour
1 teaspoon each cinnamon and all spice
½ glass of milk
½ teaspoon baking soda
1½ dessertspoons vinegar
½ cup butter
¾ cup sugar
2 teaspoons baking powder
1 egg
½ cup currants
½ cup raisins
Little orange peel

Rub butter into flour, add dry ingredients. Warm milk and dissolve baking soda in this, and add to dry ingredients, mix well. Add vinegar, and lastly well beaten egg. Pour into well greased and papered tin, and bake for 1 hour.

Mrs. R. Conner

FRUIT CAKE

(Cake must be kept at least 2 weeks before cutting)

½ cup butter
¾ cup brown sugar
2 eggs
½ cup milk
2 cups flour
½ teaspoon soda
½ teaspoon cinnamon
½ teaspoon all spice
½ teaspoon mace
½ teaspoon clove
½ cup molasses
¾ cup raisins seeded and cut to pieces
½ cup ground almonds or other nuts
¾ cup currants
½ cup citron peel, thinly cut
½ teaspoon lemon extract

Cream butter and sugar, add eggs beaten. Reserve a little flour to dust over fruits. Sift remaining flour with soda and spices and add alternately with milk to butter mixture. Add molasses. Fold in fruits, nuts and lemon extract and bake.

Gaudencio Mismanos

GOLDEN CUP CAKES

1 cup butter
1½ cups sugar
1 cup milk
9 egg yolks
2½ cups flour
3 teaspoons baking powder
1 cup mixed candied cheeries, orange, lemon peel, citron and raisins
1 teaspoon vanilla.
½ cup chopped walnuts

Cream butter and sugar very well adding a little of the milk to make a fine smooth cream. Add the well beaten egg yolks and the flavoring. Sift flour and baking powder three times and add alternately with the milk; lastly fold in the nuts and fruits.

Partly fill paper cups with this batter, set each in muffin tin and bake in moderate oven at 345°F for twenty-five minutes.

Lourdes Noel,
Carcar, Cebu

GOLDEN SPONGE CAKE

1¼ cups sifted cake flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup plus 2 tablespoons sugar
9 egg yolks (¾ cup) beaten until thick and lemon colored
1 teaspoon vanilla and
½ teaspoon almond or
1 teaspoon lemon extract and
1 teaspoon orange extract
6 tablespoons cold water

Sift three times flour, salt and baking powder. Add sugar gradually to egg yolks beating with rotary egg beater. Fold in flour carefully. Add flavoring, then water mixing as little as possible. Bake in ungreased tube pan in 325° F. oven, 1 hour. Remove from oven and invert until cold.

Mrs. E.P.J. Fee

LAZY DAISY CAKE

Beat 2 eggs until thick, add slowly 1 cup sugar and 1 cup cake flour sifted with 1½ teaspoons baking powder and ¼ teaspoon salt. Beat well. Add ½ cup boiling milk into which 1 tablespoon butter has been melted. Bake in 7" x 12" pan greased and lined. Bake 25 to 30 minutes in oven at 350 degrees. Take from oven and cover top with 5 tablespoons brown sugar 2 tablespoons cream, 3 tablespoons melted butter and ½ cup finely cut walnut meats. Put back in oven and brown under top element slowly.

Mrs. Ray Flatland

LOVELY WHITE CAKE

3 cups white sugar
½ cup butter, creamed thoroughly until creamy.
1 cup ice-cold water
3 level cups Swans Down Flour with
3 level teaspoons baking powder sifted five times.

Mix together the above and beat until batter is light and fluffy. Lastly fold in the stiffly beaten whites of 5 eggs. Bake in a moderate oven, in two ordinary round cake tins. Nice with Caramel Icing.

Pansy McAdam

MY FAVORITE BUTTER CAKE

2¼ cups sifted flour
2¼ teaspoons baking powder
¼ teaspoon salt
½ cup butter
1 cup sugar
2 eggs well beaten
¾ cup milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light. Add eggs and beat well. Add flour alternately with milk in small amount, beating after each addition until smooth. Add vanilla. Bake in two greased pans in moderate oven 25 to 30 minutes.

Mrs. J. H. McDonald

NUT AND DATE CAKE

1 cup flour
1 cup sugar
1 cup Walnuts
1 package dates
3 tablespoons butter melted
2 teaspoons baking powder
3 eggs

Beat the eggs thoroughly, add the sugar, then the flour, melted butter, baking powder, then the dates cut in six or 8 parts each and mixed with a little flour. Lastly add the nuts cut in small pieces. Turn into a greased loaf pan, put in oven 350º for ½ hour. When cold cut in slices and put powdered sugar on top.

Mrs. Luis Aboitiz.

NUT LAYER CAKE

2/3 cup butter
1 cup sugar
4 eggs
2 cups flour
¼ teaspoon salt
2½ teaspoons baking powder
2/3 cup milk
1 teaspoon vanilla extract

Cream the butter; add sugar and cream well. Add eggs one at a time. Beat. Add sifted flour, salt and baking powder alternately with milk. Add vanilla extract and bake in two greased layer pans in moderate oven. When done, cool. Frost and fill with the following—

2 cups powdered sugar
1 cup butter creamed
2 cups toasted, chopped almonds

Miss Angustias Velez

OLD FASHION SPICE CAKE

½ cup butter
2 cups brown sugar
2 egg yolks
2 cups cake flour-sifted before measuring
1 teaspoon baking powder
2 egg whites
1 teaspoon soda
1 teaspoon all-spice
2 teaspoons cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
1 cup sour milk or buttermilk
1 teaspoon lemon flavoring

Cream butter and sugar together. Add beaten egg yolks. Sift together all other dry ingredients and add alternately with sour milk to the butter mixture. Add lemon flavoring. Fold in stiffly beaten egg whites. Pour into greased utility dish which holds about two quarts. Bake for about 45 minutes in a moderate oven (350 degrees F).

Mrs. P. H. Sanders

PILI CAKE

- 6 eggs
- 1½ cups flour
- 1½ cups sugar
- ½ cup butter
- 1 cup finely chopped pili nuts
- 1 tablespoon vanilla

Sift flour, measure and sift again. Cream butter and sugar, add the chopped pili, stirring well. Then add the eggs, previously beaten, add the vanilla and the flour. Bake in a 9 inch pan or loaf pan at 350 degrees F.

Mrs. M. Planas

PINEAPPLE FLUFF CAKE

- 6 egg whites
- ¼ teaspoon salt
- ¾ cup sugar
- 6 egg yolks
- ¾ cup sugar
- ½ cup unsweetened pineapple juice
- 1½ cups cake flour
- 1 teaspoon baking powder
- Whipped-cream frosting
- Maraschino cherries

Beat egg whites with salt to form moist, glossy peaks. Gradually beat in ¾ cup sugar. Beat egg yolks and 3/4 cup sugar until thick; add lemon and pineapple juices; beat until sugar dissolves. Add flour sifted with baking powder. Fold in egg whites. Bake in 10-inch ungreased, angle cake pan in moderate oven 1 hour. Invert to cool.

Mrs. J. H. McDonald

RICH CAKE

½ pound or 1 cup butter
3 cups flour
½ pound preserved fruits (orange peeling)
¼ pound cherries
1 pound currants
¼ pound seedless raisins
7 eggs
2 tablespoons milk
1-1/3 cups sugar

Sift the flour once before measuring. Cut the preserved fruits, the cherries and the seedless raisins. Cream the butter, add sugar gradually until mixture is whitely colored. Add eggs one at a time beating well each time. After the 5th egg, add 2 cups of flour to mixture. Add other 2 eggs and rest of the flour beating lightly. Add milk, Add the fruits. Bake in moderate oven for 2½ hours.

NOTE: For double recipe, use 3 rectangular pans.

Caridad Jakosalem

SARAH BERNHARDT CAKE

12 eggs
2 cups flour
2 cups sugar
½ teaspoon salt
Juice and rind of one lemon

Sift flour, measure and sift again three times. Separate the whites and yolks of eggs, add salt to the whites and beat till stiff but not dry, then add sugar gradually. Beat the yolks till thick and lemon colored and add to the white beating well. Add juice and rind of lemon and last of all fold in very carefully the flour. Bake in three layers 9" pans and bake at 325° to 350° F. Line the bottom of the pans with waxed paper.

Mrs. M. Planas

Butter Filling For Sarah Bernhardt Cake

1-1/3 cups sugar
12 tablespoons water
2 teaspoons vanilla
2 tablespoons cornstarch
6 egg yolks
1½ cups butter
Lemon juice
2 cups of toasted almonds cut lengthwise

Make a syrup with the sugar, water and lemon juice, stir constantly till it reaches the medium ball stage 240° F to 240°F; remove from fire, let cool, then add the yolks one by one beating well after each addition. Add the cornstarch and place again over a low fire stirring constantly in order to obtain a smooth thick cream. Remove from fire, cool slightly then add butter beating well, let stand over ice.

When cakes are cold remove carefully from pans, place one layer on a platter and spread some filling over it; sprinkle with toasted almonds cut lengthwise. Repeat for next layer, when all layers are placed cover top and sides of cake and sprinkle with almonds. Sift a little confectioner's sugar over cake in order to obtain snowy effect.

Mrs. M. Planas

SEED CAKE

½ lb. or 2 cups flour
4 oz. or ½ cup butter
1 egg
2 or 3 teaspoons Carraway seeds
2 teaspoons baking powder
4 oz. or ½ cup sugar
1 tablespoon milk

Cream butter and sugar, add egg and a little flour, beat well. Add the seeds and milk, and stir in the remaining flour lightly. Put mixture into cake tin lined with greaseproof paper, and cook in moderate oven for one hour.

Mrs. R. Connor

SPICE CAKE

2 cups sifted Swans-down flour
2 teaspoons Baking powder
¼ teaspoon salt
½ teaspoon ginger
1½ teaspoons cinnamon
¾ teaspoon cloves
¾ teaspoon nutmeg
1 cup white sugar
½ cup butter or shortening
3 tablespoons molasses
2 eggs (well beaten)
7 tablespoons cold coffee (strong)

Sift dry ingredients together three times. Cream shortening and sugar. Add beaten eggs and stir well, then add molasses. Add flour and coffee gradually. Bake 25 minutes in moderate oven. Use loaf pan. When cool top with butter icing.

Thelma Ellis

SPONGE CAKE

5 eggs
1½ cups cake flour after sifting
1½ cups sugar
½ cup water
Flavoring

Beat the egg yolks well, add the sugar, water, flour and flavoring. Fold in the stiffly beaten egg whites. Bake one hour in a moderate oven.

Mrs. M. E. Cleland, Jr.

SUNSHINE CAKE

10 egg whites
7 yolks
1½ cups powdered sugar
1 cup pastry flour
7/8 teaspoon cream of tartar
1 teaspoon lemon or almond flavoring

Measure all ingredients. Sift sugar through fine sifter four times before measuring. Sift flour before measuring.

Beat egg whites until stiff but not dry. Fold in gradually 1 tablespoon sugar for each egg white (using the sugar called for in recipe) and set aside. Beat egg yolks with same beater until lemon colored, add flavoring. Beat in remaining sugar. Combine yolks and whites.

Mix and sift remaining dry ingredients and cut and fold into egg mixture. Do not beat after adding flour, to avoid breaking air bubbles. Frost with 7 minute icing.

Mrs. F. M. Spence

THREE FLAVOR WHITE CAKE

1-2/3 cups sugar
½ cup butter
1 cup cold water
2¼ cups sifted cake flour
4 American size egg whites unbeaten
1 teaspoon lemon extract
1 teaspoon vanilla extract
½ teaspoon almond extract
4 teaspoons Baking Powder sifted with ¼ cup flour

Cream sugar and butter, add flour and water alternately. Beat in egg whites one at a time. Add flavorings. Mix in Baking Powder and ¼ cup flour. Bake in two layer pans or one good sized pan in moderate oven. This is very nice with an icing flavored with the three extracts.

Mrs. E.P.J. Fee

YELLOW CAKE

8 egg yolks
¾ cup milk
½ teaspoon vanilla or lemon extract
1¼ cups sugar
2½ cups flour
¾ cup butter
4 teaspoons baking powder

Cream butter and sugar. Add well beaten eggs. Mix and sift dry ingredients together. Add flour and milk alternately. Bake in medium oven.

Mrs. D. M. Burchfield
Davao

CARAMEL ICING

4 cups brown sugar (or use 2 cups white and 2 of brown.)
½ cup cream (or evaporated milk)
A lump of butter, the size of a walnut.

Cook slowly until thick. Remove from fire and beat until very creamy and of the right consistency to spread on cake. If the icing becomes too thick while beating add tablespoon of cream or milk as you whip The secret in making this icing well is to beat it until it becomes very smooth and creamy.

Mrs. C. E. MacAdam

CHEF'S REFRIGERATOR ICING

2 egg whites (stiffly beaten)
1⅛ cups sugar
½ cup water
1 teaspoon vanilla
1 tablespoon Karo syrup
⅛ teaspoon cream of tartar

Boil sugar, Karo, water, and cream of tartar together until it reaches 240° or spins long thread. Pour on beaten egg whites. Beat until right consistency to put on cake. If little stiffening is needed, add confectioner's sugar. Add flavoring. Can be used as decorative frosting. Can also be made, covered and stored in refrigerator for later use. If too stiff, add few drops of hot water and mix well.

Mrs. E. P. J. Fee

CHOCOLATE FUDGE FROSTING

¼ cup evaporated milk
2 cups powdered sugar
½ teaspoon vanilla
2 squares melted chocolate
2 teaspoons melted butter
½ teaspoon vanilla

Heat slowly the evaporated milk. Beat in gradually the sugar until thick enough to spread. Add melted chocolate, vanilla and butter.

Mrs. Buenaventura Veloso

COFFEE BUTTER ICING

4 oz. or ½ to ¾ cup powdered sugar
2 oz. or 2 tablespoons butter

Cream the butter until soft, add the sugar, mixing well, color and flavour with Coffee Essence.

Mrs. R. Connor

DUSKY SEVEN MINUTE ICING

2 egg whites
1 cup brown sugar
¼ cup water
Few grains salt
1 teaspoon vanilla

Mix unbeaten egg whites, sugar, salt and water well in top of double boiler. Place over boiling water; beat constantly with rotary beater until frosting stands in peaks, around 4 to 7 minutes. Remove from heat; stir in vanilla and beat until thick enough to spread. Makes enough for 2 nine inch layer cakes. Especially good for spiced cakes.

Mrs. Ray Flatland

FUDGE FROSTING

1½ cups sugar
2 squares or 2 ounzes bitter chocolate
½ cup milk or cream
2 tablespoons butter
1 teaspoon vanilla

Melt chocolate over a slow fire, add milk and sugar. Boil until a few drops form a soft ball in cold water. Add butter and vanilla. Let stand undisturbed a few minutes, then beat until cool enough to spread. If too thick, stir in a little cream.

Mrs. M. P. Sands

FLUFFY MOCHA FROSTING

1/3 cup butter
4 cups sifted confectioners' sugar
3½ tablespoons Baker's breakfast Cocoa
¼ teaspoon salt
1/3 cup strong coffee (about)
1 teaspoon vanilla
¾ cup broken walnut meats toasted

Cream butter. Sift sugar, cocoa, and salt together. Add part of sugar mixture gradually to butter, blending after each addtion. Add remaining sugar mixture, alternately with coffee until of right consistency to spread. Beat after each addition until smooth. Add vanilla. Spread on cake. Sprinkle nuts on sides. Makes enough frosting to cover tops and sides of two 9-inch layers. (All measurements are level.)

Mimi Pipe

GOUP FROSTING

- 3 squares unsweetened chocolate
- 1 egg yolk
- 1 cup sugar
- ½ cup milk
- 1 teaspoon vanilla

Melt chocolate, beat egg yolk and add milk and sugar, then add to chocolate. Cook until thick enough to see bottom of pan while stirring. Flavor and cool before frosting cake.

Mrs. Hilario Abellana

MARSHMALLOW SWIRL ICING

- 1¾ cups granulated sugar
- 3/8 cup cold water
- 2 egg whites, unbeaten
- ½ teaspoon cream of tartar
- ¼ teaspoon salt
- ¼ pound marshmallows (cut in small pieces)
- 1 teaspoon lemon extract

Place the sugar, water, egg whites, salt, and cream of tartar in pan, on low heat. Cook, beating constantly until the icing will stand up in peaks and hold its shape, about 7 minutes. May be cooked over boiling water if preferred. Remove from heat and add marshmallows. Beat lightly until marshmallows are melted, add the lemon extract. Continue beating until the icing reaches the spreading consistency (when this stage is reached the icing will lose part of its gloss and will stand up in swirls).

Mrs. Mamerta Escaño

ALMOND COOKIES

- 2 cups sifted Swansdown Cake flour
- ½ cup butter
- 1 egg well beaten
- 1 tablespoon sugar
- 1 cup blanched almonds split
- 1½ teaspoons baking powder
- 1 cup sugar
- 1 egg white slightly beaten
- ¼ teaspoon cinnamon

Sift flour once, add baking powder and sift again. Cream butter thoroughly. Add sugar gradually and cream together until light and fluffy. Add egg and flour. Chill. Roll 1/8 inch thick on slightly floured board. Cut with floured cooky cutter. Brush with egg white and sprinkle with mixture of sugar and cinnamon. Arrange three halves of split almonds on each cooky. Bake in moderate oven 375° F. 10 minutes.

Mrs. Dave Affleck

APPLE SAUCE FINGERS

- ½ cup fat
- 1 cup brown sugar
- ½ cup white sugar
- 2 eggs
- 2 cups sifted flour
- ¼ teaspoon salt
- 3 teaspoons baking powder
- 1 cup applesauce
- 1 teaspoon vanilla

Cream fat, gradually blend in sugars, then beat in eggs, one at a time. Sift dry ingredients together, add alternately with the applesauce to the creamed mixture. Pour into two greased square pans 8 x 8 inch or into one large 10 x 15 inch pan. Bake in a 375° F. oven 30 minutes or until done. Cool in pan, then spread with:

- ½ teaspoon cinnamon
- 2 cups powdered sugar
- 4 tablespoons butter
- Hot water

Gradually heat butter until light brown. Remove from heat, add the cinnamon and powdered sugar all at once. Add hot water a few drops at a time to thin the mixture until it is of spreading consistency. Quickly spread over the applesauce cake and cut into finger length pieces.

Mrs. James Milling

APPLE TART

Mix 4 egg yolks and 1 cup of sugar. Add 1 cup of butter and mix until white. Add 1 cup of flour and mix for 5 minutes. Spread the dough ½ inch thick on a wet cake sheet. Top with sliced apples mixed with ½ cup sugar and 1 teaspoon vanilla. Bake in moderate oven for 30 minutes.

Mrs. Cyril A. Sellheim

CARMEL BARS

½ cup shortening
1 cup flour
2 tablespoons brown sugar

Mix and put into 10 inch pan and bake in moderate oven 10 minutes. Remove from oven and cover with:

1 cup brown sugar
2 eggs beaten
2 tablespoons flour
1 teaspoon baking powder
1 cup nuts
1 cup grated coconut
¼ teaspoon salt
½ teaspoon vanilla

Return to oven and bake in slow oven 20-25 minutes.

Mrs. E. P. J. Fee

CHECKERED COOKIES

2/3 cup butter
1½ cups sugar
3 eggs
¼ teaspoon salt
5½ cups flour
5 teaspoons baking powder
¼ cup milk
2 teaspoons grated orange rind
1 teaspoon lemon extract
¼ teaspoon vanilla

Cream butter; add sugar and cream well until light. Add eggs one at a time beating vigorously after each addition. Sift flour, baking powder and salt together. Add to butter mixture alternately with milk mixing it well. Finally, add grated rind and flavoring extracts. Form into balls, by pressing into a teaspoon. Place the dough balls into greased pan, and press down to desired thickness with a fork making the fork incision deep enough to form a checkered design. Bake in moderately hot oven until crisp and light brown.

Miss Angustias Velez

CHINESE CHEW (COOKIES)

1 cup flour
1 cup sugar
1 cup chopped dates
1 cup chopped nuts
1½ tablespoons butter
2 eggs
1 teaspoon vanilla
1 teaspoon hot water
Pinch of salt.

Rub butter into flour, add salt, dates, walnuts, beaten eggs, vanilla, sugar and water. Pour into flat pan and bake in moderate oven (400° F.) for ½ hour. Line pan with greased paper. When cooked, sprinkle with sugar and cut into small squares.

Mrs. G. C. Brown

CHOCOLATE FUDGE BARS

(or brownies)

2 eggs
1 cup sugar
½ cup melted butter
2 squares melted chocolate (bitter)
1 teaspoon vanilla

⅛ teaspoon salt
½ cup cake flour
1 cup broken pecan meats or black walnuts

1. Sift flour and measure.
2. Melt chocolate and butter in double boiler.
3. Beat eggs, add sugar, and beat again.
4. Add the melted butter and chocolate, vanilla and salt and beat again.
5. Add flour and mix until smooth, then add nut meats.
6. Fill 8" x 8" pan one-third full.
7. Bake in preheated oven at 350 degrees for 40 to 45 minutes.

NOTE: Cut into bars before cool.

Jean Miller

CHOCOLATE NUT COOKIES

3 squares unsweetened chocolate
½ cup chopped walnuts or pecans

1-1/3 cups (1 can) Sweetened condensed milk

Melt chocolate in double boiler, add milk and stir until well blended. Cook until thick enough to hold shape when dropped from spoon. Add nuts and drop by spoonfuls on buttered baking sheet. Bake in moderate oven 15 minutes. Makes 36 cookies.

Mrs. Mamerta Escaño

CHOCOLATE PETIT FOURS

1½ tablespoons or 1 oz. cocoa *or*
3 tablespoons or 2 oz. chocolate powder
¾ cup or 4 oz. Icing sugar
¾ to 1 white of egg
¼ cup shelled walnuts
Vanilla flavoring
A few Glace Cherries

Chop the walnuts very finely, roll the Icing sugar. Add cocoa, walnuts, ground almonds, and mix well. Whisk egg white slightly and add to dry ingredients as required, mix all together to a stiff paste, add a few drops of vanilla. When well mixed, work until smooth, and divide to about sixteen portions. Roll each in the palm of your hand to a smooth round shape, press a dent in the center, and in it place a glace˙ cherry. Place on baking sheet in a cool oven, to cook through and dry, about 15 minutes.

Mrs. R. Connor

COCONUT COOKIES

1/3 cup butter or a substitute
¾ cup sugar
3 tablespoons milk
2 egg Yolks
½ teaspoon salt
½ cup pastry flour
2 teaspoons baking powder
Grated rind ½ lemon
Shredded coconut

Cream the shortening, beat in the sugar, the egg yolks, and milk. Add the lemon rind and stir in the salt, flour and baking powder sifted together. Form into balls the size of a large walnut, place on well-oiled pans, two inches apart, sprinkle with the coconut, and bake about twelve minutes in a hot oven, 375° F.

Paul T. E. Chou,
Zamboanga

COCONUT TIDBITS

6 cups shredded coconut (fresh)	10 egg yolks
3 cups sugar	4 tablespoons flour
1 large can Nestle's Natural Milk	2 tablespoons Vanilla

Mix coconut, sugar and milk. Place in sauce pan and cook, stirring constantly over slow fire. When dry, add yolks one by one, stirring well. Add flour. Remove from fire and add flavoring; then shape into balls and bake in a rather slow oven until they are delicately brown.

Mrs. M. Planas

CORN FLAKE DROPS

½ cup sugar	2 egg whites
1 cup nut meats, cut fine	2 cups toasted corn flakes

Beat egg whites until stiff, adding sugar gradually. Fold in nuts and then gently corn flakes, taking care not to break them. Drop on greased baking sheet. Bake in very slow oven, 250 degrees.

Mrs. Samuel Fraser,
Davao

DAINTY TEA COOKIES

1 cup butter or half butter and half crisco	2½ cups flour
2/3 cup sugar	3 teaspoons baking powder
2 eggs	⅛ teaspoon salt

Cream the butter and sugar. Add the eggs and beat well. Sift the flour, salt and baking powder and put in the creamed mixture, and mix well. Put some lemon extract, or one teaspoon vanilla. Put into the cookie maker and form the cookies on a buttered tray. Put in the oven 400º F., until brown. Take out from the oven, let cool a little and sprinkle some sugar on each.

Marei Luisa Aboitiz

DATE AND NUT DAINTIES

1 pound stoned and chopped dates
1 cup chopped and toasted pili nuts
5 tablespoons flour
½ cup sugar
2 teaspoons baking powder
⅛ teaspoon salt
1 teaspoon vanilla extract
5 egg yolks

Sift flour and then measure. Sift again with baking powder and salt. Combine all the other ingredients, the eggs slightly beaten. Bake in a shallow greased pan in moderate oven 325º F. about 45 minutes. Cut in squares and sprinkle with powdered sugar.

Lourdes Noel,
Carcar

DATE COOKIES

½ cup crisco
1 cup brown sugar
1 egg (beaten)
1/3 cup milk
1/4 cup rolled oats
½ teaspoon Nutmeg
1 teaspoon salt
2/3 cup dates chopped fine
1¾ cups flour
2 teaspoons baking powder
1 teaspoon cinnamon

Cream Crisco, add sugar, salt, egg, oats, dates. Sift other dry ingredients and add alternately with the milk. Drop and bake 15 minutes in moderately hot oven.

Mrs. M.E. Brink

EAGLE BRAND COOKIES

(1) 2 cups raisins	(4) 3 cups shredded coconut
(2) 2 cups cornflakes	(5) 2 cups Bran Flakes
(3) 1 cup-walnuts	

1 can condensed milk (1-1/3 cups)
½ cup peanut butter

Thoroughly blend milk with peanut butter, add any one of the five ingredients listed above. Drop by teaspoonful on buttered baking sheet. Bake in moderate oven 375° F. for 15 minutes or until light brown. Makes 30 cookies. Makes a five in one variety of one batch.

Mrs. Thornton Ellis

FIG BARS

1 cup sugar	1 teaspoon baking powder
4 egg yolks	Salt and vanilla to taste
1 package figs cut up	
½ cup walnuts cut up	
1 cup flour	

Spread in large baking pan well greased and floured. Bake in slow oven, cut in bars while hot.

Soledad N. Marcial
Carcar

FLAP JACKS

5/8 cup or 5 oz. butter	½ cup or 3 oz. brown sugar
2 cups or 10 oz. Quaker Oats	3 tablespoons syrup

Cream the butter, add oats, syrup and sugar, work together. Press out in flat tin, (well buttered and floured) so the mixture is about one inch thick, and bake in moderate oven 30 minutes.

Mrs. R. Connor

FUDGE NUT SQUARES

- 2 squares (2 oz.) unsweetened cooking chocolate
- ½ cup shortening
- 1 cup granulated sugar
- ½ cup (generous) chopped walnuts
- 2 eggs well beaten
- ½ cup sifted all purpose flour
- ¼ teaspoon salt
- 1 teaspoon vanilla extract

Melt chocolate and shortening in double boiler. Remove from hot water, and blend in sugar, then eggs. Add flour and salt. Beat well with spoon. Add vanilla. Pour into two greased 8" x 8" x 2" baking pans, spread smooth, and sprinkle with nuts. Bake in moderately hot oven of 400 degrees F. for 12 minutes. Makes 32 squares.

Mrs. M. P. Sands

HONEY BROWNIES

- ¼ cup fat
- ½ cup granulated sugar
- ½ cup honey
- ¼ teaspoon baking soda
- ¾ cup chopped nutmeats
- 2 squares (2 oz.) chocolate, melted
- ½ cup sifted all-purpose flour
- 2 eggs beaten
- ¼ teaspoon salt

Cream sugar and fat together. Add honey and blend, then add eggs and combine thoroughly, then stir in chocolate, adding flour, soda and salt which have been sifted together, lastly the chopped nutmeats.

Zosimo Tadlip

MACAROONS

1 egg white
¼ cup sugar
5 tablespoons coconut
1 teaspoon vanila

Beat egg white stiff, add sugar gradually. Beat constantly. Add coconut and vanilla. Bake on cookie sheet.

Mrs. Harry Morton,
Davao

NESTLE BAR COOKIES

½ cup shortening
½ cup brown sugar
¼ cup wihte sugar
1 egg
1 cup plus 2 tablespoons flour
¼ teaspoon soda
½ teaspoon salt
½ teaspoon vanilla
¼ cup nuts
1½ cups chopped Nestle semi-sweet chocolate bar (1 large bar)

Mix in order named. Drop on greased cookie sheet and bake in moderate oven.

Mrs. Dick Bownass

OATMEAL COOKIES

½ cup butter
1 cup sugar
1 egg (well beaten)
5 tablespoons milk
1¾ cups rolled oats
½ cup raisins
½ cup chopped nuts
1½ cups white flour
½ teaspoon soda
¾ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon all spice
½ teaspoon salt

Cream butter and sugar; add beaten egg and milk. Sift flour, soda, spices and salt and add to the egg mixture. Stir in the rolled oats, raisins and bake in moderately hot oven until they are a golden brown.

Mrs. L. F. Lang,
Surigao

PECAN SQUARES

1-1/3 cups (1 can) condensed milk	1 tablespoon molasses
½ cup flour	⅛ teaspoon salt
	½ cup pecan nut meats

Blend together milk, flour, molasses and salt. Fold in finely chopped nut-meats. Spread to ¼ inch thickness on a well-buttered pan (about 11 inches square). Bake in 350 degrees F. oven for 25 minutes or until brown. Cut in squares. Remove from pan at once.

Mrs. E.P.J. Fee

PINEAPPLE SQUARES

1 tablespoon butter	1 cup well-drained crushed pineapple
1 tablespoon sugar	1 cup sugar
1 cup flour	1 Tablespoon melted butter
¼ teaspoon salt	2 cups moist, shredded coconut
3 teaspoons baking powder	
3 well-beaten eggs	

Cream butter and one tablespoon sugar. Add sifted dry ingredients; mix until crumbly. Add half the eggs; mix thoroughly and spread in greased 8-inch pan. Spread with pineapple. Mix 1 cup sugar, melted butter, and coconut. Add remaining eggs; mix well and spread evenly over pineapple. Bake in moderate oven (350° F.) 30 to 35 minutes. Cool and cut in squares. Makes 1-1/2 dozen squares.

Mary Manning

PEANUT BUTTER COOKIES

½ cup brown sugar	½ cup granulated sugar
½ cup butter	

Cream the above well, then add:

1 egg
½ cup peanut butter
1½ cups flour
¼ teaspoon salt
½ teaspoon baking powder
¾ teaspoon soda

Bake 10 minutes in a quick oven.

Mrs. P. H. Sanders

PILI NUT COOKIES

1 cup butter
1 cup fine granulated sugar
4 egg yolks
1 cup finely ground pili nuts
2½ cups flour
1 teaspoon baking powder

Cream butter and sugar. Add slightly beaten egg yolks. Mix well, then add pili nuts. Sift flour and baking powder and stir into the pili nut mixture. Put through cookie moulder, using the desired design; press into a cookie baking pan and bake 12 to 15 minutes or until golden brown in moderate oven 350 degrees F.

Rita J. Noel,
Carcar

PILI NUT KISSES

1½ cups shredded or grated pili-nuts
½ cup sugar
2 tablespoons flour
⅛ cup raisins, cut in halves
⅛ cup candied or maraschino cherries cut in eights.
⅛ cup candied citron, cut in strips
¼ cup condensed milk, sweetened
⅛ cup candied pineapple, cut in strips
⅛ cup candied orange peel, cut in strips
⅛ cup candied lemon peel, cut in strips
¼ teaspoon salt
½ teaspoon vanilla

Drop from a teaspoon into greased cookie sheets. Bake in moderate oven (350ºF.) 30 minutes or until light brown. Place a piece of candied cherry on top of each cookie before baking. Bake in tiny waxed paper cups, if desired.

Consuelo C. Noel,
Carcar

ROCK CAKES

2 cups flour	2 teaspoons baking powder
6 tablespoons butter	½ cup raisins
1 egg	Pinch of salt
3 tablespoons milk	½ cup brown sugar
Pinch of spice	

Sift flour and salt, rub in the butter. Add sugar, raisins and spice.Bind into stiff mixture with egg, using a fork, add the milk. Put on greased tin in rocky heaps, and cook in quick oven for 15 minutes.

Mrs. R. Connor

SCOTCH SHORT BREAD

2 cups flour	½ cup or ¼ pound butter
4 tablespoons sugar	

Beat butter and sugar to a cream, stir in flour lightly and knead until it has the appearance of fine bread-crumbs. Press into a tin about ½ inch thick. Prick top edges with fork. Bake about 50 minutes in slow oven (300º F.) Sprinkle with sugar.

Mrs. G. C. Brown

SHORTBREAD

1 cup or 4 oz. best flour	¼ cup or 2 oz. fine castor (granulated) sugar
½ cup or 2 oz. Rice flour or Cornstarch	Few drops vanila flavoring
½ cup or 4 oz. butter	

Sieve all dry ingredients into basin and rub butter in with fingers. Add flavouring. Turn out on board sprinkled with flour and sugar, shape in form desired and prick top all over with fork. Bake in a moderate oven until a good brown color; cool well before removing from tin.

S. Y.

Preserves

Fruits or vegetables are preserved with salt, vinegar, sugar and spices; the condiments that help to make preserves, jams and pickles so delicious are all preserving agents that enable us to keep these foods for months.

HELPFUL HINTS

To test when jelly is done, dip a clean spoon into the jelly or jam and hold it high. When it "sheets" or "flakes" off side of the spoon, remove from heat, skim, and pour into sterilized glasses. Another test is to put a teaspoon of the jelly on a saucer, cool it quickly in the refrigerator or on top of cold water. It should be thick and jellied when cool.

Seal jelly with hot paraffin—put a thin coating at first and when that is cool, follow with a second coating.

A general rule for making jelly: mash fruit, add ½ cup water for every 2 quarts or 8 cups fruit. Boil 8 to 10 minutes, stirring frequently. Put fruit into jelly bag (fine muslin bag) and squeeze juice through. Measure juice, bring to boil, and add sugar. Again bring to boil and test for jelly. The amount of sugar added depends upon the fruit—in general from ¾ cup to 1 cup sugar for every cup of fruit juice.

For convenience, label each can, indicate the contents, date of canning and how to be used.

Add 1 tablespoon vinegar to each quart of beets to keep color.

Commercial pectin is very helpful in jelly making. Be sure to follow instructions which are on the container.

A good pickling sirup for general use is made as follows: Bring to boil 4 cups sugar and 4 cups cider vinegar, add ½ teaspoon oil of cloves and ¼ teaspoon oil of cinnamon. Cook down until slightly thickened and pour over fruit or vegetables. To prepare spiced carrots, for example: scrape whole baby carrots and cook until tender. (A whole clove may be stuck in each if desired). Place in hot sterlized jars and pour on hot pickling sirup. Wax or green beans, tiny whole beets, flowerets of cauliflower, crab apples or pears may all be spiced by this method.

NATIVE FRUITS

Avocado
Bananas
Balingbing
Bignay
Cantaloupe
Chico
Chico Carabao
Camanchelles
Coconut (young)
Dayap
Duhat
Iba
Jackfruit
Kasoy
Lemonsito
Lansones
Macopa
Mabolo
Macapuno
Mango
Musk Melon
Orange (cahel)
Mangosteen
Pomelo
Papaya
Pineapple
Rionas
Santol
Seruelas
Tambis
Tamarind
Water Melon

APPLE GINGER MARMALADE

8 cups apples
8 cups sugar
2 cups water
2 tablespoons or 2 ounces green ginger
Grated rind of 4 lemons

Dissolve the sugar in the water. Chop the peeled apples and ginger fine and add to sugar syrup with the lemon rind. Simmer slowly until the mixture looks clear, about 4 hours. Pour into sterilized glasses, seal with paraffin and store in a cool dry place.

Mrs. Chiu Su Goan,
Zamboanga

APRICOT AND ORANGE MARMALADE

1 pound dried apricots
5 cups water
5 cups sugar
2 large oranges

Grind apricots and soak in water overnight. Add sugar and ground oranges and cook until thick.

Mrs. E.P.J. Fee

DIFFERENT CHILI SAUCE

15 ripe tomatoes
8 apples
5 onions
2 cups sugar
2 cups vinegar
2½ teaspoons salt
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon dry mustard
¼ teaspoon black pepper
2 teaspoons celery seed
½ green pepper

Grind tomatoes, onion and green pepper together.

Cook apples and sugar together, then add all other ingredients and cook until thick. Pour into sterilized jars and seal.

Mrs. J. M. Crawford
Del Monte Plantation

DUHAT JELLY

Boil the ripe fruit with water to cover. Express the juice, let pass through a muslin bag. To 1 cup juice add ½ cup sugar and 2 tablespoons lemon juice. Boil until the jellying point is reached. Pour into jelly glasses. When cool pour melted paraffin on top and put on tin cover.

Miss Belleza Sales

FRESH BEET PICKLE

Boil fresh beets about 3 hours, remove skins with fingers. If small and young, pack whole in glass jars; if large and not too young, slice or dice and pack in jars. Bring to boil 2 cups vinegar and 1 cup water, 2 tablespoons sugar, about ⅛ teaspoon black pepper and ¼ teaspoon salt and pour over beets until covered. Seal.

Mrs. L. L. Self

GUAVA JELLY

Wash and blanch mature but not ripe guavas. Cut into small pieces and boil in water to cover until soft. Transfer to muslin bag and let drip. To 1 cup guava juice add ½ cup sugar and 2 tablespoons lemon juice. Boil, skim and determine jellying point by trying 1 teaspoon in a saucer—when it jellies upon cooling it is ready. Filter the jelly before pouring into sterilized jars.

Miss Belleza Sales

GUAVA PRESERVES

Blanch the ripe fruit for 2 minutes in boiling water.

Peel into thin slices. Make syrup of 1 cup sugar and 1 cup water and boil for 5 minutes. Add the fruit and let boil for 10 minutes for 3 consecutive days. Pack in sterilized jars.

Miss Belleza Sales

JACKFRUIT JAM

Open the fruit and separate the segments; remove the seed from each segment and pass the segments through a food chopper. To 1 cup of the pulp add ¾ cup sugar and boil until thick. Pack in sterilized jars.

Miss Belleza Sales

LEMON CURD

Orange or grapefruit may be made in same way.

3 lemons
½ pound or 2 cups sugar
¼ pound or ½ cup butter
3 eggs

Rub sugar and lemon rind. Squeeze juice from lemons and strain it, melt butter and add sugar, lemon juice, beaten eggs. Cook in double sauce pan till mixture thickens, pour into jars and cover. Good for breakfast, spread on cakes, etc.

J.D.A.

MANGO JAM

1 cup pulp
½ cup sugar

Peel the ripe fruit; remove the seed, mash and to 1 cup of the pulp, add 1/2 cup sugar. Cook until thick and while boiling hot transfer to well sterilized jars and seal jars tightly.

Miss Belleza Sales

GUYABANO JAM

Peel the ripe fruit and remove the seeds. Pass through a meat grinder. To 1 cup pulp add 3/4 cup sugar and boil until thick. Pack in sterilized jars.

Miss Belleza Sales

GUYABANO PRESERVE

Pare the mature but not ripe guyabano, cut into pieces half inch thick and any shape. Blanch for 2 minutes in boiling water. Bring 1 cup sugar and 1 cup water to boil and boil 5 minutes. Add the guyabano and cook for 10 minutes. Cover and next day boil for 10 minutes. Cover and third day boil for 10 minutes. Pack in sterilized jars.

Miss Belleza Sales

MANGO CHUTNEY

1 cup sliced mature but not ripe mangoes
1 cup brown sugar
¼ cup vinegar
1 tablespoon salt
1 small box raisins
1 large piece of ginger root
1 hot pepper
1 segment garlic

Boil the vinegar, salt and brown sugar and strain through a piece of thick cloth. Boil again for 15 minutes. Add the sliced mango and continue boiling until soft. Add the raisins then the sliced garlic and hot pepper and boil 5 minutes. Lastly, add the finely sliced ginger and boil until thick. Pack in well sterilized jars and seal hermetically.

Miss Belleza Sales

MANGO-LEMONCITO JAM

5 cups nearly ripe mango pulp
5 cups local sugar
Juice of 10 lemoncitas

Boil until the juice will form a syrup when cooled. This tastes very much like peach jam.

Mrs. E. P. J. Fee

MUSTARD PICKLES

1 cup salt	1 cup prepared mustard
1 cup sugar	1 gallon vinegar

Wash and dry small fresh cucumbers, pack in jars. Mix above ingredients and bring to boil and pour over cucumbers and seal.

Mrs. L. L. Self

PICKLED PEACH HALVES (Canned)

1 can of Libby's peach halves (12), 2 cups brown sugar (stick 4 cloves in back of each peach half), 1 cup vinegar add to juice from drained peaches, bring to boil, add 1 inch of cinnamon stick, pour over peaches, put in ice box to chill. May be served same day.

Mrs. L. L. Self

PINEAPPLE-PAPAYA JAM

Reduce ripe papaya to a fine pulp and to each cup add 1 cup of pineapple which has been chopped very fine. Add ¾ cup sugar and boil until thick. Pack in sterilized jar.

Miss Belleza Sales

PICKLED ONIONS

Fill one quart glass jar with small onions. Cover with vinegar, add 1 red chilli. Cover. Place in sun for three weeks or until onions are a little soft.

Jenny D. Anderson

PINEAPPLE AND PAPAYA MARMALADE

1 ripe pineapple
1 ripe papaya
1 tablespoon finely grated root ginger to each cup fruit
1 cup sugar to each cup fruit

Put pineapple and papaya through food chopper, mash papaya with fork. Combine all ingredients and cook 1 hour, watch carefully to prevent burning. Seal in glass jars.

Mrs. G. C. Brown

PINEAPPLE PRESERVES

1 pineapple:
Peel and remove all specks
Put through a coarse grinder

Squeeze the juice from:
2 American oranges
1 American lemon

Place the orange and lemon peelings in hot water and cook slowly until soft. Scrape the pulp from the peeling. Run the peeling through the grinder. Combine the pineapple, orange and lemon juice, orange and lemon peeling and measure. Add an equal amount of sugar. Place over flame and boil 40 minutes after it starts to boil. Stir often.

Mrs. P. H. Sanders

ROSSEL JELLY

4 cups Rossel
2 cups water

Boil 20 minutes, strain, add 2 cups sugar and boil 5 minutes and pour into moulds.

Maximino Ubongen

ROSSEL JAM

7 cups Rossel	3 cups water
5 cups sugar	

Boil it down until thick like syrup.

Maximino Ubongen

SANTOL JELLY

Wash and blanch recently gathered just ripe or underripe santol, cut into small pieces. Put in a pan and add enough water to cover, boil until soft, drip the juice through a muslin bag, measure 1 cup juice to ¾ cup sugar, boil, skim and determine jellying point. When this point is reached, transfer to sterilized jelly glasses and let cool. Seal with melted paraffin.

Miss Belleza Sales

PAPAYA JELLY

Wash the half ripe and matured papaya and cut into small pieces. Add enough water and boil until soft, transfer to a muslin bag and let it drip. To 1 cup papaya juice add ½ cup sugar and 2 tablespoons lemon juice, boil and skim and determine jelly point, filter, and fill jelly glasses. When cool pour melted paraffin and place the tin cover, label, and store.

Miss Belleza Sales

SANTOL PRESERVE

Boil santol for 3 minutes, peel as thin as possible with a sharp knife. If santol are to be canned whole, prick with a pin and soak in rice washing overnight, then wash with water to remove all the rice washing. Boil in plenty of water for about 2 minutes. Drain and squeeze each fruit to remove most of the water. Cook in syrup (1 cup water, 1 cup sugar) for 10 minutes for 3 consecutive days. Pack in sterilized jars.

Miss Belleza Sales

SERUELAS PRESERVE

Select the mature but not ripe fruits, remove the stems, wash, blanch 2 minutes, prick with pin. Make syrup of 1 cup sugar and 1 cup water and boil 5 minutes. Put in the seruelas, let boil about 10 minutes for 3 consecutive days. Put in sterilized jars.

Miss Belleza Sales

SWEET PICKLE RELISH

2½ dozen cucumbers
½ peck green tomatoes
8 green sweet peppers
1 medium sized head of cabbage
8 large onions

Chop all fine. Sprinkle 2 large kitchen spoons of salt on this. Let it stand for 2 hours. Put in a bag. Let it drip or squeeze thoroughly. Put all in a kettle with 3 pints vinegar, 4 tablespoons celery seed, 4 tablespoons Tumeric, 4 tablespoons White Mustard seed, 2½ pounds brown sugar. Cook it until tender, about 20 or 30 minutes.

Mrs. C. E. McAdam

SWEET WATERMELON PICKLES

Rind of 1 large watermelon
1 tablespoon powdered alum
5 pounds or 10 cups sugar
3 pints or 6 cups vinegar
2 cups water
3 lemons
6 sticks cinnamon
2 tablespoons whole cloves
1 teaspoon whole mace

Peel white portion of watermelon rind, discarding any pink fruit. Cut in shapes desired, cubes, oblongs, circles or balls. Soak overnight in 1 gallon water in which the powdered alum has been dissolved. In morning, drain rind, rinse and cover with cold water, bring to a boil and cook until tender. Combine sugar, vinegar and water, boil 10 minutes. Tie lemons, sliced thin and spices in muslin or cheesecloth bag, add to syrup. Drain watermelon rind, rinse with cold water, drain again and add to hot syrup, cook until rind is slightly transparent. Pack in hot sterilized jars and seal immediately.

Mrs. Lorenzo Escaño

Beverages

COFFEE

The most popular non-alcoholic beverage is coffee. A cup of really good coffee is the exception rather than the rule. Coffee quickly loses its flavour when ground and it is therefore better to buy the beans and grind as required.

To roast the beans the pan should be scrupulously clean, the heat of fire should be even, but not too fierce, constant stirring or shaking is necessary until the beans have attained the desired nut-brown colour. It is important that the beans are not roasted too brown, otherwise the coffee will have a bitter taste. The process of coffee roasting is quite simple but must be carefully done otherwise the delicate flavour and aroma will be spoiled.

Recent years have introduced numerous patent coffee making apparatus. But simply nothing further than a fire proof jug and a piece of muslin is really required. The water added to the coffee should be boiling and much of the strength is wasted if the coffee is not brought just to boiling point, although strength may be gained at the sacrifice of flavour and aroma if the coffee be allowed to boil even for a short time.

Jenny D. Anderson

COCOA

Cocoa unlike tea and cofee is a nourishing food as well as a drink.

One cup diluted scalded milk to one tablespoon cocoa, beat well, add sugar to taste.

J.D.A.

TEA

To make tea water must be freshly boiled and the pot heated before making. The usual time for infusing is three and a half to four minutes. Continued infusion extracts the tannin, a bitter substance, which has a harmful effect upon the digestive organs.

Iced tea, pour strong freshly brewed hot tea in a glass filled with ice.

J.D.A.

CARE OF WINES

Wines should be stored lying flat, so that the corks remain wet and keep the air out; keep at an even cool temperature. Never shake any wine. Full bodied still red wines contain some sediment. Stand the bottle upright for a few days before using. Then open carefully (lever corkscrew is best), and pour carefully. Fill glasses two-thirds full, and the aroma can be best appreciated. Wine is most enjoyable when consumed leisurely.

Red wines are best when served at room temperature; chill white still wines and all sparkling wines in the refrigerator for an hour or two.

GUIDE FOR TEMPERATURES IN SERVING WINES

COLD

Graves
Chablis
Rhine or Moselle
Sauterne
Sparkling Burgundy
Champagne

COOL

Madeira
White Bordeaux
White Burgundy

ROOM TEMPERATURE

Sherry
Claret
Burgundy (Red)
Rhone
Port
Cognac
Full-bodied Madeira
Liqueur

When opening Champagne, try to retain most of the "life" or sparkle in the wine. Handle carefully; never let cork pop suddenly; pour slowly.

Natural wines, when opened, should be served without delay. Fortified wines may be recorked in bottle or kept in a decanter with stopper. Port and Sherry are fortified wines.

Some of the generally accepted customs are: Serve dry wines before sweet wines; white wines before red ones; light wines before heavier ones; white wines with hors d'oeuvres, fish and white meats; red wines with dark meats, game and cheeses. As an alternate for a cocktail, a pale dry Sherry, somewhat chilled, is suitable. Port is usually served toward the end of dinner or between meals. Either Champagne or a medium dry Sherry is suitable at all times and with all foods and throughout a meal.

BARLEY WATER

Put a cup of Pearl Barley in a gallon of cold water and leave it to boil for 15 minutes, strain the barley through a fine sieve; add 3 cups of granulated sugar and 1 cup of fresh lemon or lime juice. Allow the barley water to cool off before filling into bottles and chill. (Very refreshing drink in hot climate).

Mrs. E. L. Marshall

BOSTON CREAM

1 tablespoon tartaric acid
1 pound loaf sugar
1 white of egg
2 pints boiling water
2 teaspoons lemon essence
Pinch of bicarbonate of soda

Put the sugar and tartaric acid into a jug and pour over the boiling water. Allow to stand until cold and dissolved. Add lemon essence or 2 fresh lemons and rind and stiffly beaten egg white. Chill. Bottle for use. Put a wine glassful into a tumbler with a pinch of soda. Fill with iced water. Stir and drink while it effervesces.

Agustino Corilla

CLARET CUP

1 bottle Claret
3 bottles soda water
Juice of one lemon
4 tablespoons sugar

Thin slices of lemon with rind on: thin slices of cucumber with rind on. Mix all ingredients together. Chill on ice. Pour into a jug and add ice cubes, and the slices of lemon and cucumber.

J. D. A.

CREME DE CACAO

2 pounds sugar
2 heaping tablespoons cocoa
1 small lemon—grated rind and juice
1 vanilla bean, chopped
1 scant quart alcohol
1 quart milk

Place all together in a 5 gallon jug. Shake well two or three times a day for ten days, then filter.

Filter paper and vanilla bean can usually be bought at the drug store. This is a terrible looking concoction until after it is filtered.

Mrs. John Heine

DREAM COCKTAIL

Juice of ½ a lemon
¾ shot Gordon's or Plymouth Gin
1 tablespoon sugar
1 white of egg (beaten)
1 dash of a strong liqueur

Shake in ice. Serve in claret glasses.

J. D. A.

EGG NOG

Beat separately yolks and whites of 12 eggs. Add to yolks very slowly 2 pounds granulated sugar. Then very slowly 1 bottle brandy, 1 pint Jamaica rum, ½ pint apple jack, ½ pint peach brandy. Add 2 quarts milk, 1 quart cream. Let stand for 6 hours in jug. Fold in beaten egg whites.

Mrs. E.P.J. Fee

EGG NOG

Beat separately the yolks and whites of 6 fresh eggs. Add ½ cup of sugar to the yolks while beating, and ¼ cup of sugar to the whites after they have been beaten very stiff. Mix the egg whites with the yolks. Stir in 1 pint of rich cream and 1 pint of milk. Then add 1 pint of Paul Jones (Rye) Whiskey and 1 ounce of Jamaica rum. Stir thoroughly, and serve very cold with grated nutmeg on each glass. (Makes 5 pints of egg-nog).

Zosimo Tadlip

GIN SLING

- 2 jiggers or glasses of Gordon's Dry Gin
- Juice of one lemon
- 1 teaspoon sugar
- 1 bottle of soda

Mix all in drinking glass.

Carl Arenz
Bill Noble

GINGER FRESHNER

- 1 pound preserved Ginger
- 2 cups sugar
- 1 quart water
- ½ cup lemon juice
- 1 cup orange juice

Grind or chop the preserved ginger very fine and boil for twenty minutes with 2 cups sugar and 1 quart water. Cool and stir in the ½ cup lemon juice and 1 cup orange juice. Strain and fill into large bottles. When ready to serve, fill glass with fine ice and pour liquid over ice. Sip through drinking straws.

F. L. Reed

ROBBIE BURNS COCKTAIL

1 jigger Scotch Whisky
2 drops Benedictine (D.O.M.)
1 jigger Italian Vermouth

Mix well in shaker with plenty of ice.

G.C. Brown

PHILIPPINE TIGER

1 green coconut
2 jiggers Rye Whiskey

Cut the top off a green coconut and place inside 4 cubes of ice and 2 jiggers of Rye Whiskey.

Shake or mix well and drink from the coconut.

F.L. Reed

OLD FASHION

Using old fashion or low type water glass prepare in the following manner:

Take one piece of lump sugar and saturate half of it with Angostura Bitters. Add hot water (or soda water) until cube of sugar is covered. Crush sugar until it is dissolved. Fill glass with cracked ice. Add one large jigger of Rye whiskey. Add a small squeeze each of fresh lemon and orange. Stir thoroughly. Place on top a slice of orange and lemon and a Maraschino cherry held together with a toothpick.

E.P.J. Fee

Miscellaneous Items

THINGS WORTH REMEMBERING

Add a spoonful of powdered charcoal to the water in which cut flowers are placed and they will last longer, or dissolve a small piece of camphor in the water.

A lump of camphor in the chest where silver is kept will keep it free from tarnish. To clean gold jewelry with the stones in it, wash in warm soap suds with 10 drops of sal-volatile in water. This makes jewellery very brilliant.

A cluster of cloves hung up in rooms and allowed to dry will drive away flies.

Scatter a mixture of borax and powdered sugar about the haunts of cockroaches and they will disappear—or pour a strong solution of alum in boiling water over their happy hunting ground. When fire is low throw potato peelings on the hot coals, leaving the fire open till all has burned away. Try this a few times, you will find cockroaches will soon disappear. The peculiar smell of potato kills them.

To keep away insects from birds' cages, suspend a small bag of sulphur inside.

Fleas—A little salt sprinkled in the morning between bedclothes and round edges of mattresses and brushed or shaken off at night will effectively clear them away.

White paper should not be used for wrapping articles that are to be put away, for the chloride of lime in it will destroy the colour of the fabric. Yellowish or blue paper is far the best for that purpose.

Hot liquid may be poured with safety into any glass vessel by holding it up in the hand and not allowing it to rest on the table.

A package or envelope sealed with egg white cannot be steamed open.

Try cleaning brass with lemonsito with a pinch of whitening added and wash afterwards in soapy water.

Corks may be made air tight or water tight by being immersed in oil for five minutes. A cork will fit any bottle if boiled five minutes previously.

To keep flies off windows add a little kerosene to the water used for washing windows. It gives a clean and brilliant polish as well.

Floor wax economical. Shred ½ pound beeswax in a large jar, and melt. Next place 1½ pints of best turpentine in a large pan, keeping it away from the fire and slowly pour into this the melted wax stirring rapidly until the ingredients are thoroughly blended.

The scullery sink is easily cleaned of grease and scum by wiping over with a cloth dampened with kerosene.

Try coating white shellac on candles to keep them from dripping when lighted. The shellac forms a cup which holds the fat.

Coffee grounds, cold tea and tea leaves are excellent for mixing with earth in flower pots, especially ferns.

Good for green fly. 1½ cakes native soap into 1 gallon of water.

Mice hate the smell of peppermint, so place oil of peppermint round their haunts and holes to drive them away.

Wash alabaster figures with borax and water allowing ½ ounce borax to 1 pint of water. Dry with old piece of silk.

Run the tap in morning for a few minutes before filling the kettle, for the first water has been lying in lead or iron pipe all night and is therefore unwholesome.

Keep special plates for feeding dogs and cats, enamel or cheap coloured earthenware are best.

Furniture polish; equal proportions of linseed oil, turpentine, vinegar and spirits of wine. Shake well before using.

Jenny D. Anderson

EYE WASH

2 teaspoons Boric acid powder
10 drops of witch hazel
2 cups water
Boil.

Mrs. E. P. J. Fee

AMOUNTS REQUIRED TO SERVE FIFTY PEOPLE

Soup	3 gallons
Beef Loaf	10 pounds
Sauce for Beef Loaf	3 to 4 quarts
For roasting	½ pound raw per person
Roast beef	24 pounds
Baked Ham (Cooked or canned)	18 to 20 pounds
Roast Fresh Ham	20 pounds
Chicken Salad	11 quarts
Vegetable, Potato or Jewel Salad	6 to 8 quarts (as side dish)
Fruit Salad	8 quarts
Macaroni and Cheese	10 packages-5 pounds macaroni, 1-½ pounds cheese
Mashed Potatoes	8 kilos

Canned vegetables	4 No. 10 cans
Rolls, Biscuits or Muffins ..	2 per person
Bread	5 loaves
Butter	2-½ pounds
Layer or Loaf Cakes	4 large cakes
Ice Cream	6 servings per quart
Pie	6 or 8 portions, per 10 inch pie
Coffee	4 cups finely ground coffee and 9 quarts water
Cream	3 pints
Cut sugar	1-½ pounds

Mrs. Helen Schlinger,
Davao

RECIPE FOR MAKING DOG BISCUITS

- 1 pound hamburger ground fine
- 1 ground carrot
- 1 ground onion
- 1 teaspoon salt
- 3-½ cups white or wheat flour
- 3-½ cups corn meal
- 1 teaspoon lard, bacon fat or cod liver oil
- Soup

Mix the hamburger, carrot, onion, salt, fat (or cod liver oil) and then add the flour, corn meal and enough strong soup to make a stiff dough. Roll out, cut in strips or with a cookie cutter and bake in a very slow oven for six hours. If kept in tightly covered tin will keep two months.

Mrs. William Gohn,
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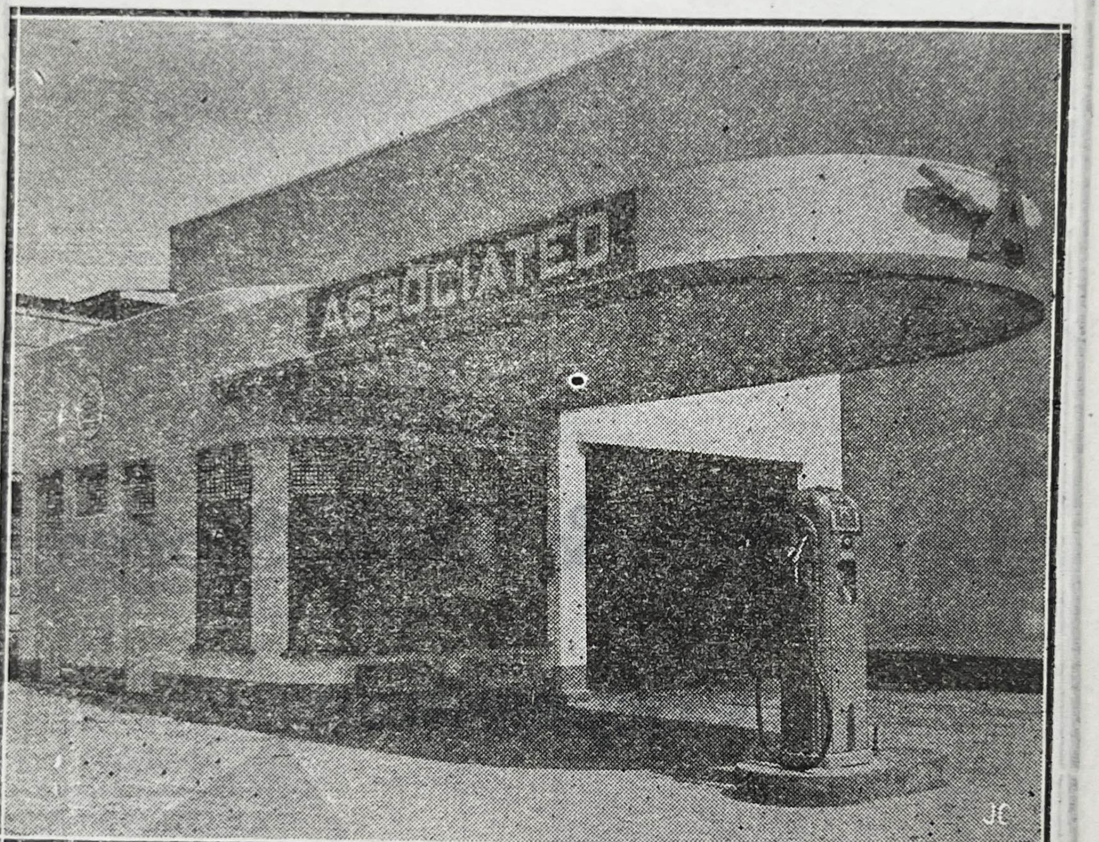

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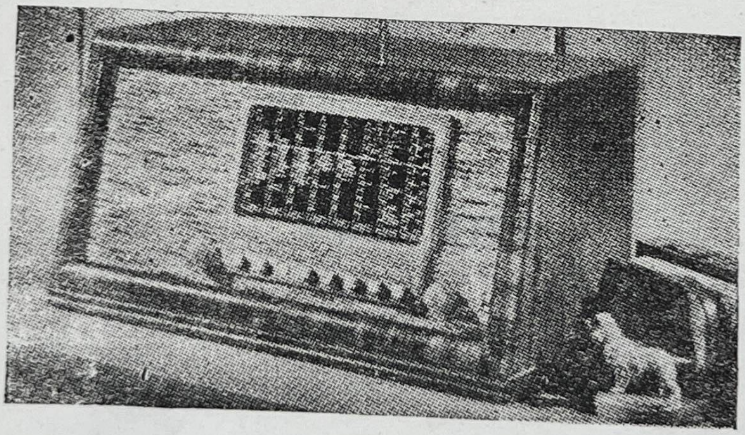

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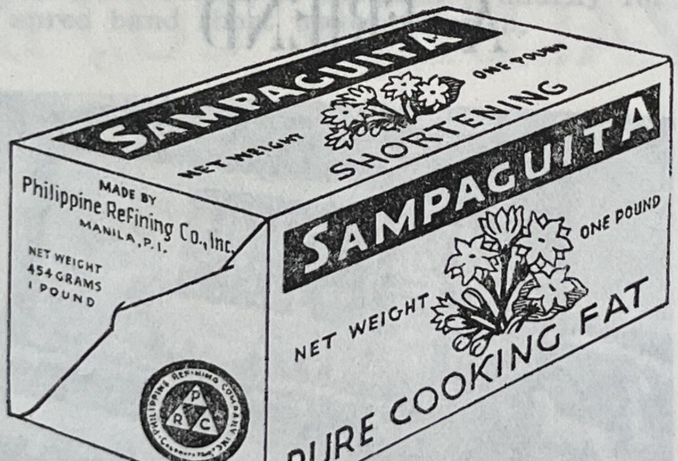
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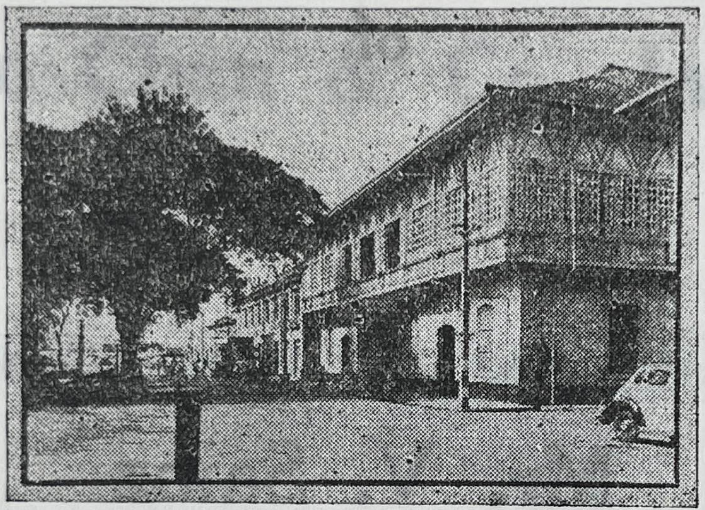

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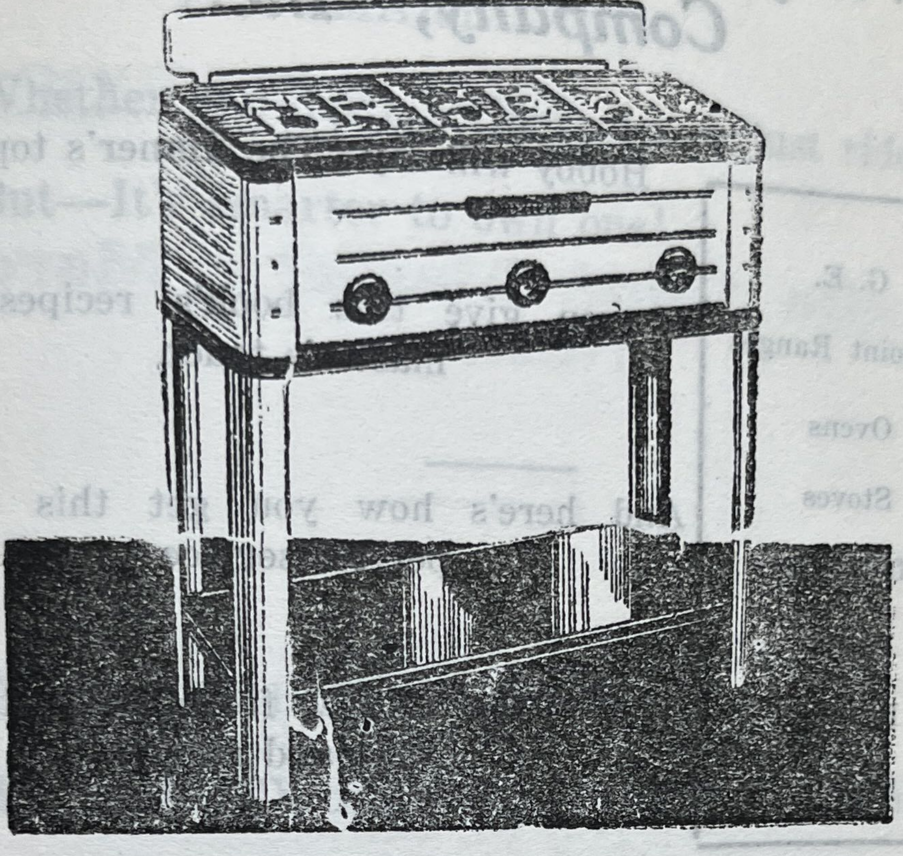

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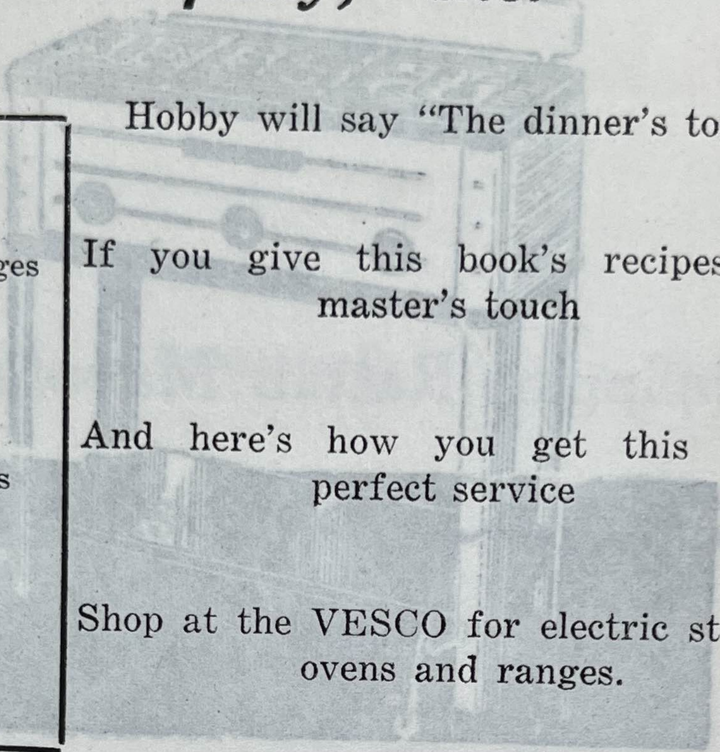

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